

Fall 2007



programs • classes • events

City of Chula Vista • Recreation Department • Public Library • Boys & Girls Club • YMCA



Welcome

to the newly designed Chula Vista

Recreation brochure!

Now, finding the perfect class or program is even easier! All the activities at each center can now be found in its own matrix. Pick out a couple classes that look interesting, then flip to the class descriptions and read about them! You may find some great classes at other centers, too. We also have Adult and Youth Athletics, Aquatics, Therapeutics, and programs for older adults.

We would like to hear from you. Let us know what you like or want to see changed or enhanced for the next edition. Email safari@ci.chula-vista.ca.us

Our Commitment to Health

The Chula Vista Recreation Department is committed to creating and sustaining life long fitness for people of all ages and levels. The growing cases of childhood obesity in the South Bay region have sparked our "Fun To Be Fit" program.

These programs and activities are free or very low cost--and they're fun! Come meet new friends, enjoy our resources, and make a commitment to your health! Look for the ★ after class or program titles--they're great choices! Below are just some examples--look for these and more in the class matrixes.

- 100 Miles at Heritage
- RetroFit
- Sports Clinics
- Active Adult Exercise
- Hip To Be Fit
- Feelin' Good Mileage Club
- Monteville Fitness Club
- Wheely Sports
- Kung Fu Fit
- Sports Club
- Walk & Talk Club
- SHARK

Quick Tips: Better choices = Better health!

- 1 Start your day with a smoothie: blend a cup of fat free yogurt, frozen berries, juice, and banana. Then add a quarter cup of powdered nonfat milk for a breakfast loaded with calcium--more than half what you need for the day.
- 2 Spinach pasta has twice the potassium and folic acid as regular pasta, along with beta-carotene. For a meal that's quick and easy, toss spinach bow ties with crumbled feta, black olives, and chopped tomatoes.
- 3 Snacking between meals can keep your energy up and your weight down--if you choose snacks that combine carbs and protein for a pick-me-up that lasts. Try carrots and hummus or apple slices and peanut butter. But be careful--peanut butter and hummus are high in fat, so don't go overboard!
- 4 Motion = positive emotion. Try to do some type of physical activity you enjoy daily. Maybe bring a pair of comfy shoes to walk during lunch.
- 5 Drink eight glasses of water per day. It flushes fat and it's great for your skin and hair!
- 6 Good posture gives you more energy! Raise your head up, stand tall and pull your shoulders back. Feel the difference!
- 7 Eat high fiber foods to help you feel full. Whole grain cereals, beans, veggies and fruits will help you feel full with less calories.
- 8 Smile more. It will make you feel better and it will rub off on others.
- 9 Be realistic about your diet and fitness goals. If you try to do too much at once, you may be setting yourself up for failure. Instead, set smaller, more realistic goals and add a new challenge each week.
- 10 If you eat out, remember that portion sizes at restaurants (including fast food) are usually more than one serving--making it easy to overeat! Choose smaller portions, order an appetizer and a leafy green salad with low-fat dressing as your meal, share an entree, or have your server box up half of your meal for you to take home before it even makes it to your table.

DISCLAIMER

The City of Chula Vista has made every reasonable effort to determine that everything stated in this brochure is accurate. Courses and programs offered, together with other matters contained herein, are subject to change without notice for reasons related to student enrollment, teacher and location availability, or any other reason at the discretion of the administration.

INCLUSION PHILOSOPHY



The City of Chula Vista is dedicated to serving the needs of everyone in the community through inclusion programming. Persons with special needs are encouraged to participate in programs. For assistance, please call Carmel Wilson, CTRS at (619) 409-5800. A two-week advanced notice is required.

OUTSIDE PERFORMANCES

Many of the Department's recreational class instructors provide additional opportunities to perform at outside programs and special events. These performances and appearances are considered separate from the Recreation Department classes and programs. The Department has no involvement with the performance selection, scheduling, transportation, instructor oversight or liability in connection with these outside performances. Please direct all questions or concerns to the instructor.

CODE OF CONDUCT

The benefits of Recreation programs are numerous - enhancing health and building strong families and healthy communities. To insure the quality of programs and public safety, we require all participants, staff, parents, spectators, coaches, and volunteers, to abide by this Code of Conduct:

- All persons shall act with respect towards other persons, respect their privacy and personal safety.
- Physical or verbal abuse of any kind will not be tolerated.
- All persons shall treat public and private property and equipment with respect.
- Facility rules and regulations shall be observed at all times.

Any City representative responsible for officiating, supervising or otherwise operating a recreation program shall have authority to enforce the terms of this Code, as authorized by the Director of Recreation. Failure of any person to abide by this Code of Conduct will result in disciplinary action, including but not limited to: 1) removal from the program area and/or facility, 2) restriction on program participation, 3) suspension or expulsion from the current program, and/or future programs, and/or from the facility, and 4) liability for any damages to property incurred. Minors, under the age of 18, are required to have a parent or legal guardian sign the registration form. No refund of fees shall be given for any suspension or expulsion from a program for violating the Code of Conduct. The Director of Recreation shall review any expulsion or suspension longer than three days.

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Cheryl Cox

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Jerry R. Rindone **Steve Castaneda**

City Manager
David R. Garcia

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Chris Searles, Chair
Kathleen Cien-Mayer, Vice Chair
Yolanda Ramos **Francisco Rios**
Elizabeth Scott

Recreation Department
Buck Martin, Director
Shauna Stokes, Assistant Director

The Chula Vista Elementary School District neither sponsors nor endorses this information, activity, or organization. Distribution of this material is provided by the District as a community service. Any questions or comments should be directed to the sponsoring agency.

Events

For more information about the events taking place in Chula Vista throughout the year, call the City's special events hotline at (619) 585-5682 or visit the "Calendar" link on the City's website at www.chulavistaca.gov

TASTE OF THIRD & ART WALK

Take a self-guided walking tour of downtown Chula Vista and enjoy a feast of the senses--dine on savory cuisine from local restaurants, view displays from local artists and experience the history and charm of Third Avenue. For ticket information and details, call the Third Avenue Village Association at (619) 422-1982.

September 27, 5 pm

BONITAFEST

This family-friendly annual autumn festival features a parade with marching bands, arts, crafts, games, food booths, and entertainment on two stages. Join the fun on Bonita Road between Otay Lakes and Willow Road. Sponsored by Bonita Business and Professional Association, (619) 472-0033.

September 29, 9 am - 5 pm

FIRE DEPARTMENT OPEN HOUSE

A display of fire engines, the Fire Safety House interactive trailer, live demonstrations, and lots of activities for the kids are planned at the Chula Vista Fire Department's Annual Open House. Tour the facility from 10 am - 2 pm, and walk through the exhibits all day. Don't miss this opportunity to meet your local heroes and learn more about the services they provide.

October 6, 10 am - 5 pm Station No. 4, 850 Paseo Ranchero

BEAUTIFY CHULA VISTA DAY

Volunteer for a great cause--participants will be teamed up to paint out graffiti, pick up litter, stencil stormdrains, plant trees--and beautify Chula Vista! The event kicks off at Harborside Park, from 8 - 9 am. Volunteers will complete registration, meet their team leader, attend an opening ceremony and be directed to designated clean-up sites around town. All participants will receive a free commemorative t-shirt and refreshments. Volunteers must provide their own transportation.

To pre-register, go to www.beautifychulavista.org

October 6, 8 am

Harborside Park, 670 Oxford Street

GO GREEN & CLEAN!

Bring up to five incandescent light bulbs and receive energy-efficient replacement bulbs for FREE! Also, drop off electronic waste and exchange your old mercury thermometers for new digital ones. Get information about other ways you can conserve...and go green and clean! Visit www.chulavistaca.gov/clean for details.

October 6, 1 - 5 pm

Otay Ranch Town Center, off Birch Rd.

NORTH POLE CALLING

Chula Vista youngsters receive special season's greetings from the North Pole. If you have a child in kindergarten, first or second grade who would enjoy a telephone call from Santa, watch for registration information in November.

STARLIGHT PARADE

Grab some hot cocoa and don't miss the kick-off to the holiday season! The parade features marching bands, holiday floats, caroling and lots of holiday cheer! The parade begins on Third Avenue and travels north from D to I Streets. For more information, please call the Third Avenue Village Association at (619) 422-1982.

December 4, 5:30 pm



www.chulavistaca.gov/rec

Adult Athletics

Tim Farmer, Recreation Supervisor II
(619) 409-5893

Registration will be held at the Monteville Recreation Center and Parkway Gym for the following adult sports leagues from August 20, 2007 - September 21, 2007, unless otherwise noted. Registration is on a first come, first served basis. Managers' meetings will be held after the registration period. Individuals may contact the Athletics office to be included on a player referral list given to teams needing players. Placement is not guaranteed, but every effort will be made to place interested individuals on teams. Note: league entry fees subject to change.



Coed and Men's Slow-Pitch Softball

Games played weeknights at Monteville, Veterans, Discovery, Eucalyptus, Rohr, and Chula Vista Community Parks beginning the week of October 1. Entry Fees (per team for an 8-10 game schedule): \$405 Resident / \$510 Nonresident

Men's 5-on-5 Fall Flag Football

Games will be played Tuesday or Wednesday nights at Monteville Park beginning October 2. Entry Fees TBD

Men's Fall Basketball

Games will be played at the Monteville Recreation Center or Parkway Gym on Wednesday evenings beginning October 3.

Entry Fees (per team for an 8-10 game schedule; referees extra):

\$310 Resident / \$390 Nonresident

30+ Men's Fall Basketball

Games will be played at the Salt Creek Recreation Center on Wednesday evenings beginning October 3. Entry Fees (per team for an 8-10 game schedule; referees extra): \$310 Resident / \$390 Nonresident

Men's, Men's Over 30 and Coed Arena Soccer

Games will be played at the Salt Creek Community Center Soccer Arena beginning October 1. Men's Open Division will be played on Monday or Tuesday evenings. Men's Over 30 Division will be played on Thursday evenings. The Coed Recreational Division will be played on Wednesday evenings. Entry Fees (per team for an 8-10 game schedule) \$475 Resident / \$590 Nonresident

Senior Softball

Softball activities for players ages 50 and older are conducted weekly at Eucalyptus Park, located at Fourth Avenue and C Street.

Practice 50 & over

Mon 9 am - 12 pm

Competitive League 55 & over

Tue/Fri 9 am - 12 pm

Recreational League 50 & over

Call Roger Delisle at (619) 422-4551 for information



Youth Athletics

James Northum, Recreation Supervisor II
(619) 691-5084

The purpose of the Youth Sports Program is to teach youngsters the fundamentals of the sports offered. All activities are open to both experienced as well as inexperienced players. Instruction is coordinated to allow all players to learn the same basic skills. The primary goal of the youth program is to encourage participation and sportsmanship. All participants, parents and guests are expected to adhere to the code of conduct distributed with league materials and posted at all facilities. For information concerning activities or financial assistance, call 691-5084 between 4-7pm Monday-Friday.

Coed Volleyball Workshops Girls/Boys, grades 6 - 8
Fees: \$35 Resident / \$45 Nonresident
Mail-in Registration: August 6 - 18
Walk-in Registration: August 27 - September 15
Parkway Gym, Mon - Fri, 4 - 7 pm
Salt Creek Recreation Center, Mon - Fri, 2 - 7 pm

Registrations post marked before August 6 and after August 18 will not be accepted. Participants must use the separate registration form on the back of a flyer that can be picked up at the center--NOT the registration form in the back of this brochure! Space is limited. For more information, please call (619) 691-5084 from 4-7 pm, Monday-Friday.

West Side Workshops

Wednesdays, 6:30-8:30 pm and Saturdays, 9:30-11:30 am
at Parkway Gym (385 Park Way).

Wednesday, Sept 12 through Saturday, Nov 10

East Side Workshops

Tuesdays, 6:30-8:30 pm and Saturdays, 1-3 pm
Salt Creek Recreation Center (2710 Otay Lakes Road).

Tuesday, Sept 11 through Saturday, Nov 10

Winter Youth Basketball League Born 1990 - 2001
League play begins December 1. There are two separate leagues--the Eastern League and the Western League. Both will have the same rules and regulations. Practices and games for the Eastern League will be held east of I-805, while the Western League practices and plays west of I-805. For more information, call (619) 691-5084 from 4-7 pm, Monday-Friday.
Fees: \$70 Resident / \$90 Nonresident

Registration will be open to all experience levels. The program features fundamentals of the game. All teams are coed. Requests for children to be placed on the same team for car pool reasons or requests for specific coaches and practices cannot be honored.

Mail-in Registration: September 24 - October 6
Registrations post marked before September 24 and after October 6 will not be accepted. Participants must use the separate registration form on the back of a flyer that can be picked up at the center--NOT the registration form in the back of this brochure! Space is limited.

Walk-in Registration: October 15 - 22, or until leagues are full.

NEW This season: The \$70 league registration fee will be waived for any volunteer coach's child!

WE NEED VOLUNTEER COACHES!

The Athletics Section is currently recruiting volunteer coaches for the youth winter basketball program. All volunteer coaches are fingerprinted and screened by the Department of Justice in accordance with California State law. Interested individuals, please call (619) 691-5084.

Mail-in Registration

These activities have separate registration forms that may be picked up at any Chula Vista Recreation Center. The forms are available one week prior to the start of mail-in registration. Please DO NOT register with the form in this brochure.

Walk-in Registration

All registrations for youth sports programs will be taken on the dates specified for each activity at:

Parkway Gymnasium, 385 Park Way

Monday - Friday, 4 - 7 pm

Monteville Recreation Center, 840 Duncan Ranch Road

Monday-Friday, 2 - 7pm

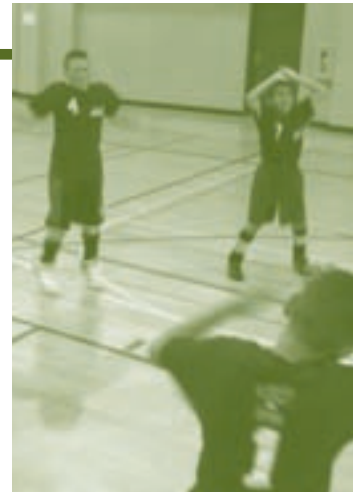
Salt Creek Recreation Center, 2710 Otay Lakes Road

Monday-Friday, 2 - 7pm

Online Registration

Register for selected activities via the Internet. Please go to: www.chulavistaca.gov/rec for more information.

All registrations are processed on a first come, first served basis. There are NO REFUNDS for these activities. Financial assistance is available on a limited basis.





www.chulavistaca.gov/rec

Pool & Aquatics

LOMA VERDE FAMILY AQUATIC CENTER • 1420 Loma Lane • (619) 691-5081 • aquatics@ci.chula-vista.ca.us
Manuel Gonzalez, Aquatic Supervisor III • Eric Bonney, Aquatic Supervisor II

PARKWAY FAMILY AQUATIC CENTER • 385 Park Way • (619) 691-5088 • aquatics@ci.chula-vista.ca.us
Manuel Gonzalez, Aquatic Supervisor III • Elizabeth Kolata, Aquatic Supervisor II • Karina Craig, Aquatic Supervisor I

City-wide Pool Closures:

September 3 (Labor Day) • November 12 (Veteran's Day)
November 22 - 25 (Thanksgiving)

POOL ADMISSION FEES

Adults \$3 or \$24 for 10-visit pass
Seniors (55+ years) \$2 or \$16 for 10 visit pass
Children (4 - 17 years) \$2 or \$12 for 10 visit pass
Infant (6 mos - 3 years) Free with Adult

Quarterly Pool Passes

Passes are valid at both facilities and expire at the end of each quarter. Fees cannot be prorated. Quarterly passes are available for Jan-March; April-June; July-Sept; Oct-Dec. Passes are only available to Chula Vista residents.

Adult Quarterly: \$75	Senior Quarterly: \$50
Child Quarterly: \$35	Family Quarterly: \$110

Lap Swim (9/3-12/9)

Adults and seniors are welcome to swim laps or aqua jog in an outdoor heated pool. No bag check-in; locker rooms are available for 15 minutes before and after lap swim.

Parkway Family Aquatic Center	
Monday/Wednesday/Friday	6 am - 7:30 am
Monday - Friday	12 pm - 2 pm
Saturday	10:30 am - 12 pm

Loma Verde Family Aquatic Center	
Monday - Friday	6 - 8 am / 11 am - 1 pm
Monday/Wednesday/Friday	5 pm - 7 pm (1-3 lanes)

Recreational Swim (9/3-12/9)

Let the fun and splashing begin. Families are encouraged to use the pool for supervised aquatic fun. No bag check-in.

Loma Verde Family Aquatic Center (9/3 - 11/2)	
Fri	2 pm - 4 pm
Parkway Family Aquatic Center (9/3 - 12/9)	
Tue/Thur	3 pm - 5 pm
Saturday	9 am - 12 pm

Master's Swim Program

Provides a structured workout for participants, including stroke refinement. An emphasis is placed on mastering the four racing strokes, starts, turns and finishes. No prior competitive swimming experience is required; however, participants must possess a basic knowledge of the racing strokes. \$4 per practice/\$2 for pass holders

Mon/Wed/Fri	6-7:15 am [Loma Verde]
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Spooky Swim

Join goblins and ghosts in a Halloween celebration. Lots of candy, games, costume contests and a spooky movie. Those who dare can swim! Regular admission fees apply.

Wednesday, Oct 31	7-8:30 pm [Parkway]
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Swim Clinic

This class provides stroke refinement for the four racing strokes. This is an excellent class for swimmers who are interested in joining a swim team. Participants must be able to swim 25 yards.

Adult Water Polo

Offers a structured water polo practice, including scrimmages. Competitive water polo experience is not required; however, this is a dynamic and highly physical sport so strong swimming skills and the ability to tread water are necessary. An emphasis is placed on the review of fundamental skills, including passing, strategy and defense. \$6 per practice or \$50 for 10 practices

Saturday	9-10:30am [Parkway]
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Splash Party Pool Rentals

City of Chula Vista swimming pools can be rented for birthday parties, company gatherings, special events, or school activities. The pools are available for shared or exclusive rentals. Consider renting the pool as an affordable option for a special event. Contact the pool of your choice for availability. Cost: \$110/hour

Water Aerobics

Perfect for individuals in rehabilitation, have back problems, arthritis or are just looking to achieve cardio respiratory fitness. Participants will benefit from using the resistance and buoyancy of the water to avoid subjecting the body to the stress and impact of walking or running on land. Fees: \$4 or \$35/10 classes
Shallow Water Exercise

Mon, Wed, Fri	11 am-12 pm [Loma Verde]
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Fall Swimming Lessons

Register online at www.chulavistaca.gov/rec or at either aquatic facility starting August 20.

Office Hours: Mon - Fri 3 pm-7 pm

Refunds

Check the dates and times prior to registering because refunds, transfers and credits are not available.

Private Swimming Lessons 4 yrs+

Private and semiprivate swimming lessons are available for students of all abilities. It's an affordable opportunity for students to receive extra attention and practice from experienced instructors. Contact the pool of your choice for availability. Fee: \$150 for five private lessons (45 minute classes).

Parent & Tot 6 mos-3 yrs

Parents join their children in the water for basic water adjustment and safety skills in a warm, enjoyable environment. Having a parent in the water allows our younger aquatic fanatics to gain comfort and confidence. All children in these classes must wear swim diapers or tight fitting rubber pants.

Tiny Tots 4-5 yrs

Water adjustment safety skills and basic introductory swimming skills are presented in a fun environment. This class introduces children to aquatic instruction without a parent.

Learn to Swim 6-16 yrs

Swimming skills and personal safety skills are taught to beginning, intermediate and advanced students. Children registered for levels 1 to level 6 will be assessed on the first day of class to determine the most appropriate level to enhance their aquatic development. Enrollment in these classes can some times require that more than one level be combined.

Adult Lessons 17 yrs+

This class is for all skill levels. Instruction is tailored to meet the individual needs and goals of adult participants.



Loma Verde Family Aquatic Center

PARENT & TOT	Sess #	Code	Dates	Ages	Days	Time	Res / Non-Res
Parent and Tot	1	7005.401	Sept 10-22	6 mos-3	Mon-Fri	4 - 4:30 pm	\$30 / \$45
Parent and Tot	1	7007.401	Sept 10-22	6 mos-3	Mon-Fri	5:10-5:40 pm	\$30 / \$45
Parent and Tot	2	7005.402	Sept 24-Oct 5	6 mos-3	Mon-Fri	4-4:30 pm	\$30 / \$45
Parent and Tot	2	7007.402	Sept 24-Oct 5	6 mos-3	Mon-Fri	5:10-5:40 pm	\$30 / \$45
Parent and Tot	3	7005.403	Oct 8-19	6 mos-3	Mon-Fri	4-4:30 pm	\$30 / \$45
Parent and Tot	3	7007.403	Oct 8-19	6 mos-3	Mon-Fri	5:10-5:40 pm	\$30 / \$45

TINY TOTS	Sess #	Code	Dates	Ages	Days	Time	Res / Non-Res
Tiny Tots	1	7105.401	Sept 10-22	4-5	Mon-Fri	4-4:30 pm	\$30 / \$45
Tiny Tots	1	7107.401	Sept 10-22	4-5	Mon-Fri	5:10-5:40 pm	\$30 / \$45
Tiny Tots	2	7105.402	Sept 24-Oct 5	4-5	Mon-Fri	4-4:30 pm	\$30 / \$45
Tiny Tots	2	7107.402	Sept 24-Oct 5	4-5	Mon-Fri	5:10-5:40 pm	\$30 / \$45
Tiny Tots	3	7105.403	Oct 8-19	4-5	Mon-Fri	4-4:30 pm	\$30 / \$45
Tiny Tots	3	7107.403	Oct 8-19	4-5	Mon-Fri	5:10-5:40 pm	\$30 / \$45

LEARN TO SWIM	Sess #	Code	Dates	Ages	Days	Time	Res / Non-Res
Learn to Swim	1	7209.401	Sept 10-22	6-16	Mon-Fri	4:35-5:05 pm	\$30 / \$45
Learn to Swim	1	7211.401	Sept 10-22	6-16	Mon-Fri	5:45-6:15 pm	\$30 / \$45
Learn to Swim	1	7213.401	Sept 10-22	6-16	Mon-Fri	6:20-6:50 pm	\$30 / \$45
Learn to Swim	2	7209.402	Sept 24-Oct 5	6-16	Mon-Fri	4:35-5:05 pm	\$30 / \$45
Learn to Swim	2	7211.402	Sept 24-Oct 5	6-16	Mon-Fri	5:45-6:15 pm	\$30 / \$45
Learn to Swim	2	7213.402	Sept 24-Oct 5	6-16	Mon-Fri	6:20-6:50 pm	\$30 / \$45
Learn to Swim	3	7209.403	Oct 8-19	6-16	Mon-Fri	4:35-5:05 pm	\$30 / \$45
Learn to Swim	3	7211.403	Oct 8-19	6-16	Mon-Fri	5:45-6:15 pm	\$30 / \$45
Learn to Swim	3	7213.403	Oct 8-19	6-16	Mon-Fri	6:20-6:50 pm	\$30 / \$45

ADULT LESSONS	Sess #	Code	Dates	Ages	Days	Time	Res / Non-Res
Adult Lessons	A	7301.401	Sept 10-Oct 10	17+	Mon/Wed	7-7:30 pm	\$40 / \$60

Parkway Family Aquatic Center

PARENT & TOT	Sess #	Code	Dates	Ages	Days	Time	Res / Non-Res
Parent and Tot	1	7002.401	Sep 10-28	6 mos-3	Mon/Wed/Fri	4:35-5:05pm	\$27 / \$41
Parent and Tot	1	7004.401	Sep 10-28	6 mos-3	Mon/Wed/Fri	5:10-5:40pm	\$27 / \$41
Parent and Tot	1	7006.401	Sep 11-27	6 mos-3	Tues/Thurs	4-4:30pm	\$18 / \$27
Parent and Tot	1	7008.401	Sep 11-27	6 mos-3	Tues/Thurs	5:10-5:40pm	\$18 / \$27
Parent and Tot	2	7002.402	Oct 1-19	6 mos-3	Mon/Wed/Fri	4:35-5:05pm	\$27 / \$41
Parent and Tot	2	7004.402	Oct 1-19	6 mos-3	Mon/Wed/Fri	5:10-5:40pm	\$27 / \$41
Parent and Tot	2	7006.402	Oct 2-18	6 mos-3	Tues/Thurs	4-4:30pm	\$18 / \$27
Parent and Tot	2	7008.402	Oct 2-18	6 mos-3	Tues/Thurs	5:10-5:40pm	\$18 / \$27
Parent and Tot	A	7012.40a	Sep 8-27	6 mos-3	Sat	10:30-11 am	\$15 / \$23
Parent and Tot	B	7012.40b	Oct 6-27	6 mos-3	Sat	10:30-11 am	\$15 / \$23

TINY TOTS	Sess #	Code	Dates	Ages	Days	Time	Res / Non-Res
Tiny Tots	1	7102.401	Sep 10-28	4-5	Mon/Wed/Fri	4:35-5:05 pm	\$27 / \$41
Tiny Tots	1	7104.401	Sep 10-28	4-5	Mon/Wed/Fri	5:10-5:40 pm	\$27 / \$41
Tiny Tots	1	7106.401	Sep 11-27	4-5	Tues/Thurs	4-4:30 pm	\$18 / \$27
Tiny Tots	1	7108.401	Sep 11-27	4-5	Tues/Thurs	5:10-5:40 pm	\$18 / \$27
Tiny Tots	2	7102.402	Oct 1-19	4-5	Mon/Wed/Fri	4:35-5:05 pm	\$27 / \$41
Tiny Tots	2	7104.402	Oct 1-19	4-5	Mon/Wed/Fri	5:10-5:40 pm	\$27 / \$41
Tiny Tots	2	7106.402	Oct 2-18	4-5	Tues/Thurs	4-4:30 pm	\$18 / \$27
Tiny Tots	2	7108.402	Oct 2-18	4-5	Tues/Thurs	5:10-5:40 pm	\$18 / \$27
Tiny Tots	A	7112.40a	Sep 8-27	4-5	Sat	10:30-11 am	\$15 / \$23
Tiny Tots	A	7114.40a	Sep 8-27	4-5	Sat	11:05-11:35am	\$15 / \$23
Tiny Tots	B	7112.40b	Oct 6-27	4-5	Sat	10:30-11:00am	\$15 / \$23
Tiny Tots	B	7114.40b	Oct 6-27	4-5	Sat	11:05-11:35am	\$15 / \$23

LEARN TO SWIM	Sess #	Code	Dates	Ages	Days	Time	Res / Non-Res
Learn to Swim	1	7202.401	Sep 10-28	6-16	Mon/Wed/Fri	4-4:30 pm	\$27 / \$41
Learn to Swim	1	7204.401	Sep 10-28	6-16	Mon/Wed/Fri	5:45-6:15 pm	\$27 / \$41
Learn to Swim	1	7206.401	Sep 10-28	6-16	Mon/Wed/Fri	6:20-6:50 pm	\$27 / \$41
Learn to Swim	1	7208.401	Sep 11-27	6-16	Tues/Thurs	4:35-5:05 pm	\$18 / \$27
Learn to Swim	1	7210.401	Sep 11-27	6-16	Tues/Thurs	5:45-6:15 pm	\$18 / \$27
Learn to Swim	2	7202.402	Oct 1-19	6-16	Mon/Wed/Fri	4-4:30 pm	\$27 / \$41
Learn to Swim	2	7204.402	Oct 1-19	6-16	Mon/Wed/Fri	5:45-6:15 pm	\$27 / \$41
Learn to Swim	2	7206.402	Oct 1-19	6-16	Mon/Wed/Fri	6:20-6:50 pm	\$27 / \$41
Learn to Swim	2	7208.402	Oct 2-18	6-16	Tues/Thurs	4:35-5:05 pm	\$18 / \$27
Learn to Swim	2	7210.402	Oct 2-18	6-16	Tues/Thurs	5:45-6:15 pm	\$18 / \$27
Learn to Swim (Levels 1 -2)	A	7212.40a	Sep 8-27	6-16	Sat	11:05-11:35 am	\$15 / \$23
Learn to Swim (Levels 1 -2)	B	7212.40b	Oct 6-27	6-16	Sat	11:05-11:35 am	\$15 / \$23

ADULT LESSONS	Sess #	Code	Dates	Ages	Days	Time	Res / Non-Res
Adult Lessons	1	7300.401	Sep 11-27	17+	Tues/Thurs	6:20-6:50 pm	\$24 / \$36
Adult Lessons	2	7300.402	Oct 2-18	17+	Tues/Thurs	6:20-6:50 pm	\$24 / \$36

FUN TO BE FIT	Sess #	Code	Dates	Ages	Days	Time	Res / Non-Res
Swim Clinic	1	7302.401	Sep 11-27	6+	Tues/Thurs	6:20-6:50 pm	\$24 / \$36
Swim Clinic	2	7302.402	Oct 2-18	6+	Tues/Thurs	6:20-6:50 pm	\$24 / \$36
Aqua Fun & Fit	1	7304.401	Sep 11-27		Tues/Thurs	6:20-6:50 pm	FREE
Aqua Fun & Fit	2	7304.402	Oct 2--18		Tues/Thurs	6:20-6:50 pm	FREE



Community Youth CENTER

www.chulavistaca.gov/rec


Jimmy Tollefson, Recreation Supervisor II • 465 L Street (619) 691-5276

Monday & Wednesday: 3 - 7 pm • Tuesday & Thursday: 3 - 8:30 pm • Friday: 3 - 6 pm • Saturday: 12 - 4 pm • Sunday: Closed

Feelin' Good Mileage Club ★Get a prize when certain goals are met. Pre-register. FREE!
#9330.485 Monday - Friday, 4 - 6 pm**Sports Clinics ★**A new sport clinic each week. Pre-register. FREE!
#9330.486 Wednesdays, 5:15 - 6 pm**NFL Pepsi Punt, Pass & Kick** Ages 8 - 15Thousands of participants around the country will be competing!
Top winners will compete regionally. Pre-register by Sept. 26.
Birth certificate copy is required. No cleats during competition.
FREE! Event is Friday, September 28 at 5:30 pm#9330.481 (Ages 8-9) #9330.482 (Ages 10 & 11)
#9330.483 (Ages 12-13) #9330.484 (Ages 14 & 15)**Field Day** Ages 7 - 15Come compete in several field events, from the long jump to the 40-yard dash. Prizes will be given out. Pre-register. FREE!
#9330.487 Friday, Oct 19, 3:30 - 5:30 pm**Game Room Challenge** Ages 7 - 15Are you the game room champ? Compete in tournaments--billiards, air hockey and much more! Pre-register. FREE!
#9330.488 Friday, Nov 16, 3:30 - 5:30 pm**Holiday Hoops** Ages 7 - 15Bring your skills to the holiday hoops special. Test your shooting in "HORSE" and "Around the World" Pre-register. FREE!
#9330.489 Friday, Dec 14, 3:30 - 5:30 pm**10-week classes run September 24 - December 10 unless noted.**
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).**For class and program descriptions, turn to page 26**

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet	0110.485	3-5	M. Navarette	Thurs	4-4:30 pm	\$36 / \$44*
Ballet & Tap	0110.488	3-5	M. Navarette	Sat	12:30-1 pm	\$36 / \$44*
Ballet Folklorico	0210.481	2-5	N. Solorio	Fri	4-4:30 pm	\$36 / \$44*
Little Sport Stars	0220.481	3-5	Staff	Wed	3:15-4 pm	\$35 / \$41
Little Sport Stars	0220.482	5-7	Staff	Wed	4:15-5 pm	\$35 / \$41
Karate	0030.481	3-5	J. Hickman	Thurs	3:45-4:15 pm	\$36 / \$44

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet Level 1	1230.483	6-12	M. Navarette	Thurs	4:30-5:15 pm	\$42 / \$51*
Ballet & Tap	1230.484	5-9	M. Navarette	Sat	1:15-2 pm	\$42 / \$51*
Ballet & Tap	1235.486	10+	M. Navarette	Sat	2:15-3 pm	\$42 / \$51*
Belly Dancing	1540.481	14+	L. Stacey	Mon	6-7 pm	\$45 / \$55*
Ballet Folklorico	1250.481	6+	N. Solorio	Fri	4:45-5:30 pm	\$40 / \$48*
Hawaiian Dance	1282.481	6-12	M. Tuminting	Thurs	5-5:50 pm	\$42 / \$51
Hawaiian Dance	1282.486	13+	M. Tuminting	Thurs	6-6:50 pm	\$42 / \$51
Hip Hop Dance	1365.481	6-13	M. Navarette	Tues	7-7:45 pm	\$42 / \$51*
Hip Hop Dance	1365.482	14+	M. Navarette	Tues	8-8:45 pm	\$42 / \$51*
Youth Belly Dancing	1410.481	6-12	L. Stacey	Mon	6-7 pm	\$45 / \$55*

CREATIVE CLASSES	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Art Tastic	3113.482	6-13	Staff	Tuesday	6-6:50 pm	\$40 / \$48

ENRICHMENT CLASSES	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Babysitter's Training - Sept	3116.385	11+	Staff	Sept. 15 & 22	9 am-12 pm	\$50 / \$63
Babysitter's Training - Oct	3116.481	11+	Staff	Oct. 13 & 20	9 am-12 pm	\$50 / \$63
Babysitter's Training - Nov	3116.483	11+	Staff	Nov. 10 & 17	9 am-12 pm	\$50 / \$63
Babysitter's Training - Dec	3116.485	11+	Staff	Dec. 8 & 15	9 am-12 pm	\$50 / \$63

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Judo - Beginning	4360.481	5+	M. Ozaki	Tues	7-7:50 pm	\$35 / \$44
Judo - Beginning	4360.482	5+	M. Ozaki	Thurs	7-7:50 pm	\$35 / \$44
Judo - Advanced	4365.481	5+	M. Ozaki	Tues	8-8:50 pm	\$35 / \$44
Judo - Advanced	4365.482	5+	M. Ozaki	Thurs	8-8:50 pm	\$35 / \$44
Okinawa Karate - Beginning	4320.481	5 - 11	S. Ingalls	Thurs	5:30-6:20 pm	\$35 / \$44
Okinawa Karate - Intermediate	4325.483	14+	S. Ingalls	Thurs	6:30-7:20 pm	\$35 / \$44
Tae Kwon Do - Sept	4381.384	7+	S. Juare	Mon/Wed	4:30-6 pm	\$30 / \$36
Tae Kwon Do - Oct	4381.480	7+	S. Juare	Mon/Wed	4:30-6 pm	\$30 / \$36
Tae Kwon Do - Nov	4381.482	7+	S. Juare	Mon/Wed	4:30-6 pm	\$30 / \$36
Tae Kwon Do - Dec	4381.484	7+	S. Juare	Mon/Wed	4:30-6 pm	\$30 / \$36
Adult Boot Camp	4145.481	16+	D. Rodriguez	Mon/Wed	5:30-6:30 pm	\$50 / \$65
Basketball 101	4318.481	6-9	Staff	Fri	3:30-4:20 pm	\$30 / \$38
Basketball 101	4318.482	10-13	Staff	Fri	4:30-5:20 pm	\$30 / \$38

*Additional materials fee for the course.

Heritage

PARK AND RECREATION CENTER

www.chulavistaca.gov/rec



Lisa Petty, Recreation Supervisor II (Acting) • Eddie Johnson, Recreation Supervisor I • 1381 East Palomar St. (619) 421-7032
Monday - Thursday: 2 - 8 pm • Friday 2 - 7 pm • Saturday 12 - 4 pm • Sunday Closed

100 Miles at Heritage ★

Looking for a way to get exercise in a scenic and friendly environment? Participants have ten weeks to walk or run 100 miles around the trails at Heritage Park. Upon completion, get a, "I Walked 100 miles at Heritage Park" T-shirt. FREE!

Catch Recreation in Your Parks Ages 6 & over

Looking for fun and healthy activities in your own backyard? Enjoy a variety of fun activities in our local parks. FREE!

Mon - Thurs, 4 - 6pm

October Crafts and Costume Contest

Participate in a variety of October themed crafts and games.

Prizes costume contest winners. FREE!

October 26 2-3:30pm

Heritage Fall Camp Ages 6 - 12

Enjoy arts, crafts, games, field trips, and more. Space is limited. Fees range from \$120 - \$140 per week.

Morning extended care is available from 7:30 - 8:30 am for an additional \$10 per week.

September 17 - October 5 8:30am - 4:30pm

Parent's Night Out

This is an opportunity for parents to finish up their holiday shopping. Kids join us for an evening of fun, activities, games and snacks. Pre-registration is required. Fee: \$10 per child

December 7 & 14

10-week classes run September 24 - December 10 unless noted.
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

For class and program descriptions, turn to page 26

FALL CAMPS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Fall Camp - September 17-21	9100.401	6-12	Staff	Mon-Fri	8:30am-4:30 pm	\$130 / \$165
Fall Camp - September 24-28	9100.402	6-12	Staff	Mon-Fri	8:30am-4:30 pm	\$130 / \$165
Fall Camp - October 1-5	9100.403	6-12	Staff	Mon-Fri	8:30am-4:30 pm	\$130 / \$165

PRESCHOOL CLASSES	Code	Ages	Instructor	Day	Time	Res / Non-Res
Bumble Bee Sports 3:30-4:15 pm and 10-10:45 am	0150.401	2-3	Staff	Fri/Sat	...	\$86 / \$106
Bumble Bee Sports 4:30-5:15 pm and 11-11:45 am	0150.402	4-5	Staff	Fri/Sat		\$86 / \$106

Session 1 (Begins Sep. 26th)

Kreative Wonders (Toddler Gym)	0050.401	18mo-2.5	C.Paseman	Wed	9-9:45 am	\$31 / \$39
Kreative Wonders (Toddler Gym)	0050.402	18mo-2.5	C.Paseman	Fri	9-9:45 am	\$31 / \$39
Kreative Wonders (Toddler Gym)	0050.403	18mo-2.5	C.Paseman	Sat	9-9:45 am	\$31 / \$39
Kreative Wonders (Kinder Gym)	0055.401	2.5-3.5	C.Paseman	Wed	9:45-10:25 am	\$31 / \$39
Kreative Wonders (Kinder Gym)	0055.402	2.5-3.5	C.Paseman	Fri	9:45-10:25 am	\$31 / \$39
Kreative Wonders (Kinder Gym)	0055.403	2.5-3.5	C.Paseman	Sat	9:45-10:25 am	\$31 / \$39
Kreative Wonders (Kinder Gym 2)	0060.401	3.5-5	C.Paseman	Wed	10:30-11:10 am	\$31 / \$39
Kreative Wonders (Kinder Gym 2)	0060.402	3.5-5	C.Paseman	Sat	10:30-11:10 am	\$31 / \$39

Session 2 (Begins Oct. 31)

Kreative Wonders (Toddler Gym)	0050.404	18mo-2.5	C.Paseman	Wed	9-9:45 am	\$31 / \$39
Kreative Wonders (Toddler Gym)	0050.405	18mo-2.5	C.Paseman	Fri	9-9:45 am	\$31 / \$39
Kreative Wonders (Toddler Gym)	0050.406	18mo-2.5	C.Paseman	Sat	9-9:45 am	\$31 / \$39
Kreative Wonders (Kinder Gym)	0055.404	2.5-3.5	C.Paseman	Wed	9:45-10:25 am	\$31 / \$39
Kreative Wonders (Kinder Gym)	0055.405	2.5-3.5	C.Paseman	Fri	9:45-10:25 am	\$31 / \$39
Kreative Wonders (Kinder Gym)	0055.408	2.5-3.5	C.Paseman	Sat	9:45-10:25 am	\$31 / \$39
Kreative Wonders (Kinder Gym 2)	0060.403	3.5-5	C.Paseman	Wed	10:30-11:10 am	\$31 / \$39
Kreative Wonders (Kinder Gym 2)	0060.404	3.5-5	C.Paseman	Sat	10:30-11:10 am	\$31 / \$39
Little Hands	0020.401	1.5-3	Staff	Thurs	9:45-10:15 am	\$39 / \$49
Little Hands	0025.401	3-5	Staff	Thurs	9-9:30 am	\$39 / \$49
10 Ballet (new students)	0110.402	3-5	C.Perez & Staff	Fri	5:45-6:15 pm	\$36 / \$44



Ballet (returning students)	0110.401	3-5	C.Perez & Staff	Thurs	5:30-6 pm	\$36 / \$44
Creative Dance	0201.401	3-5	C.Perez & Staff	Fri	4:45-5:15 pm	\$36 / \$44
Preschool Hip Hop	0200.401	3-5	C.Perez & Staff	Fri	5:15-5:45 pm	\$36 / \$44
Preschool Mixed Martial Arts	0095.401	2.5-4	I. Lee	Mon/ Thur	2-3 pm	\$66 / \$82
Tot Fun Hour	0030.401	4-5	Staff	Thurs	11-12 pm	\$45 / \$56

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet	1230.401	4-6	Carla Perez/Staff	Thurs	6-6:30 pm	\$42 / \$51
Ballet Levels 1 & 2	1235.401	6+	Carla Perez/Staff	Fri	6:15-7 pm	\$42 / \$51
Ballet Levels 3 & 4	1240.401	8+	Carla Perez/Staff	Thurs	6:30-7:15pm	\$42 / \$51
Belly Dancing	1540.401	Adult	D.Aragon-Weisner	Mon	6-6:50 pm	\$45 / \$56
Belly Dancing	1540.402	Adult	D.Aragon-Weisner	Tues	6-6:50 pm	\$45 / \$56
Belly Dancing	1540.403	Adult	D.Aragon-Weisner	Tues	7-7:50 pm	\$45 / \$56
Intro to Hula	1280.401	6-12	S. Mesina	Wed	5-5:50 pm	\$36 / \$45
Jazz/ Hip Hop Dance	1610.401	6+	Carla Perez & Staff	Wed	4 -4:45 pm	\$42 / \$51
Multicultural Dance	1410.402	6-12	D.Aragon-Weisner	Thurs	4:30-5:20 pm	\$45 / \$56
Tahitian Dance	1281.401	13+	S. Mesina	Wed	6-6:45pm	\$36 / \$45
Youth Belly Dancing	1410.401	6-12	D.Aragon-Weisner	Mon	5-5:50 pm	\$45 / \$56
Youth Flamenco Dance	1470.401	6-12	D.Aragon-Weisner	Tues	5-5:50 pm	\$45 / \$56

PERFORMATING ARTS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Keyboard	1580.401	7+	N. Villanueva	Wed	4-4:50 pm	\$78 / \$97
Little Voices	1520.401	7-12	N. Villanueva	Wed	5-5:50 pm	\$78 / \$97

CREATIVE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Drawing Studio (6 wks, beg. Oct.8)	3155.401	9-16	L.Villasenor-Isabelle	Sat	10:30-11:30 am	\$63 / \$77*
Fine Arts Painting (6 wks, beg. Oct.8)	3155.402	9-16	L.Villasenor-Isabelle	Sat	9-10 am	\$63 / \$77*
Intro to Clay	3230.401	7+	A. Bernard-Bryant	Thurs	6-7 pm	\$71 / \$89*
Intro to Clay	3230.402	Adult	A. Bernard-Bryant	Thurs	7-8 pm	\$71 / \$89*
Ready, Set, Knit, and Crochet	3181.401	8+	M. Elias	Mon	5-5:50 pm	\$46 / \$57
Ready, Set, Knit, and Crochet	3181.402	8+	M. Elias	Fri	5-5:50 pm	\$46 / \$57
Scrapbooking (September 22, October 6, November 3)	3180.401	16+	K. Ralston	Sat	12-3 pm	\$41 / \$50
Totally Art	3150.401	6-10	Staff	Mon	4-4:50 pm	\$28 / \$35

ENRICHMENT	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Etiquette & Social Skills (September 29, October 6)	4415.401	6-12	D. O'Farril	Sat	12-3 pm	\$76 / \$95
Etiquette & Social Skills (October 13 & 20)	4415.402	6-12	D. O'Farril	Sat.	12-3 pm	\$76 / \$95
Etiquette & Social Skills (November 3 & 10)	4415.403	6-12	D. O'Farril	Sat.	12-3 pm	\$76 / \$95
Etiquette & Social Skills (December 1 & 8)	4415.404	6-12	D. O'Farril	Sat.	12-3 pm	\$76 / \$95

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Aerobic Combo	4100.401	Adult	P.Payne	Mon/Wed	7-7:45 pm	\$55 / \$62
Aerobic Combo	4100.402	Adult	P.Payne	Tues/Thurs	9-9:45 am	\$55 / \$62
Cardio Shimmy Belly Dancing	4300.401	Adult	D.Aragon-Weisner	Sat	8-8:50 am	\$45 / \$56
Mixed Martial Arts & Fitness	4370.401	5-12	I.Lee	Mon/Thurs	3-4 pm	\$66 / \$82
Mixed Martial Arts & Fitness	4370.402	16+	I.Lee	Mon/Thurs	4-5 pm	\$66 / \$82
Shito-Ryu Karate	4330.401	5+	Julio Martinez	Tues/Thurs	4 -4:50 pm	\$71 / \$84
Emerging Athletes Program	4060.401	6-10	Staff	Wed	4-4:50 pm	\$45 / \$56
Goal Soccer Clinic	4035.401	5-6	C. Simon	Mon/Wed	4-4:45 pm	\$85 / \$ 106
Goal Soccer Clinic	4035.402	7-10	C. Simon	Mon/Wed	5-5:45 pm	\$85 / \$ 106

*Additional materials fee for the course.

Loma Verde

RECREATION CENTER

www.chulavistaca.gov/rec


Sandy Chavez, Recreation Supervisor III • Joseph Mariano, Recreation Supervisor I • 1420 Loma Lane (619) 691-5082
Monday - Thursday: 2:30 - 8:30 pm • Friday: 1 - 7 pm • Saturday: 12 - 4 pm

Loma Verde Creative Corner Ages 5 - 14

Creative Corner is designed to introduce participants to a variety of holiday and seasonal crafts. A calendar of crafts projects is located at the center. FREE!

Tuesdays 3 - 4 pm

Loma Verde Sports Club ★ Ages 6-14

Floor hockey, soccer, baseball, basketball, and flag football--teamwork and good sportsmanship will be stressed. FREE!

Thursdays 2:30 - 4 pm

Phat Fridays Ages 6-14

We have a variety of special activities from popcorn & a movie, build your own sundae, root beer float day, bingo, and dances. For more information check our calendar at the center or visit www.chulavistaca.gov/rec. FREE!

Fridays 2:30 - 4 pm

Parents Night Out Ages 5+

Parents: drop off your kids and do that last minute holiday shopping. Activities will include dinner, crafts, movie and games. Cost \$10 child

#9155.423 November 2, 6-10 pm
#9155.424 December 14, 6-10 pm

Swap Meet Saturday

Loma Verde center will be host a parking lot sale that will be advertised in the newspaper and varies locations. Spaces are limited so reserve you space as soon as possible. Cost: \$10 per space; tables may be rented for \$5 each. For more information call (619) 585-5687.

October 6, 7 am - 1 pm

Elementary School Fall Dance Grades 5 - 6

Costume contest, raffles and more. \$1 cover
October 25, 3 - 5 pm

Elementary School Winter Dance Grades 5 - 6

Dance contest, raffles and much more. \$1 cover
December 7, 3 - 5 pm

Fall Fest

Come join the autumn festival! There will be a variety of activities, including games, prizes, crafts, pictures, and a costume contest. All activities are FREE.

October 26, 3 - 5 pm

Teen Dodgeball Nights

Looking for something to do Friday Nights? Come play dodgeball, games in the game room, eat--or just hang out. Fee \$1

October 12, 7 - 10 pm
November 16, 7 - 10 pm

Club LV Dance

Live DJ playing the best Hip-Hop, Top40s and Slow Jams. We will have contests, raffles, and much more. \$3 cover.

Monster Bash October 26, 8 - 11 pm
Winter Blast December 7, 8 - 11 pm

10-week classes run September 24 - December 10 unless noted.
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

For class and program descriptions, turn to page 26

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Apples to Zebras	0240.421	3-5	Staff	Tue/Thur	1:15-2 pm	\$65 / \$80
Little Sport Stars (8 weeks)	0220.421	5-7	Staff	Thurs	4:30-5:15 pm	\$38 / \$46
Preschool Ballet & Tap	0110.421	2-8	Carla Perez/Staff	Mon	4-4:45 pm	\$36 / \$44*
Preschool Ballet	0110.427	3-5	Carla Perez/Staff	Fri	4:30-5 pm	\$36 / \$44*
Preschool Belly Dancing (8 wks)	0180.421	3-5	C. Martinez	Wed	3:30-4 pm	\$55 / \$69*
Preschool Gymnastics	0010.421	3-5	Staff	Tues	9-9:50 am	\$50 / \$63*
Preschool Gymnastics	0010.422	3-5	Staff	Tues	10-10:50 am	\$50 / \$63
Preschool Gymnastics	0010.423	3-5	Staff	Sat	9-9:50 am	\$50 / \$63
Preschool Gymnastics	0010.424	3-5	Staff	Sat	10-10:50 am	\$50 / \$63
Preschool Hip Hop	0200.421	3-5	Carla Perez/Staff	Sat	9:30-10 am	\$36 / \$44
Preschool Karate	0030.421	3-5	Gary Amen	Wed	3:30-4 pm	\$39 / \$48
Parent & Tot Karate	0130.422	3-5	Gary Amen	Wed	4-4:30 pm	\$44 / \$55
Tiny Tots	0090.422	3-5	M.Campos	Tue/Thurs	9-11:50 am	\$120 / \$150
Tiny Tots	0090.424	3-5	M.Campos	Wed/Fri	9-11:50 am	\$120 / \$150

12 *Additional materials fee for the course.

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet	1235.324	6+	Carla Perez & Staff	Friday	5:-5:45 pm	\$42 / \$51*
Youth/Adult Belly Dancing (8 wks)	1454.421	6 - 18	C. Martinez	Monday	6-6:50 pm	\$55 / \$69*
Belly Dancing (8 Weeks)	1540.421		C. Martinez	Mon	7-7:50 pm	\$55 / \$69*
Belly Dancing Beginners	1540.422	Adult	Diana Weisner	Sat	11-11:50 am	\$45 / \$55*
Youth Belly Dancing	1410.421	6-12	Diana Weisner	Sat	12-12:50 pm	\$45 / \$55*
Hip Hop	1365.422		Carla Perez & Staff	Sat	10-10:45 am	\$42 / \$51
Polynesian Dance (Beg. Hula)	1280.422	5+	G. Berthiaume	Wed	5:30-6:20 pm	\$28 / \$35*
Polynesian Dance (Interm. Hula)	1280.425	5+	G. Berthiaume	Wed	6:30-7:20 pm	\$28 / \$35*
Polynesian Dance (Beg. Hula)	1290.421	12+	G. Berthiaume	Wed	7:30-8:20 pm	\$28 / \$35*
Polynesian Dance (Hawaiian)	1295.421	5+	J. Gallanosa	Thurs	5:45-6:35 pm	\$28 / \$35*
Polynesian Dance (Tahitian)	1298.425	9+	J. Gallanosa	Thurs	6:45-7:30 pm	\$28 / \$35*

CREATIVE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ceramics	3200.421	10+	N. Wallis	Tues	9-12 pm	\$35 / \$44*
Ceramics	3200.423	14+	N. Wallis	Wed	5:30-8:20 pm	\$35 / \$44*
Ceramics	3200.422	10+	N. Wallis	Wed	9-12 pm	\$35 / \$44*
Ceramics	3200.424	10+	N. Wallis	Sat	9-12 pm	\$35 / \$44*

ENRICHMENT	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Little Chefs	3112.421	6-12	Staff	Wed	3:30-4:30 pm	\$27 / \$35

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Turbo Kickboxing - Sept	4680.421	16+	B. Marquez	Mon/Tue/Wed	5-6 pm	\$26 / \$33
Turbo Kickboxing - Oct	4680.422	16+	B. Marquez	Mon/Tue/Wed	5-6 pm	\$26 / \$33
Turbo Kickboxing - Nov	4680.423	16+	B. Marquez	Mon/Tue/Wed	5-6 pm	\$26 / \$33
Gymnastics 1	4105.424	6-14	Staff	Tues	11-11:50 am	\$50 / \$62
Gymnastics 1	4105.421	6-14	Staff	Sat	11-11:50 am	\$50 / \$62
Gymnastics 1	4105.425	6-14	Staff	Sat	12-12:50 pm	\$50 / \$62
Gymnastics 2 & 3	4105.422	6-14	Staff	Sat	12-12:50 pm	\$50 / \$62
Gymnastics - Boys	4105.423	5+	Staff	Sat	1 -1:50 pm	\$50 / \$62
Beginning Okinawa Karate	4320.422	5-11	S. Ingalls	Tues	5 -5:50 pm	\$35 / \$44
Beg/ Inter Okinawa Karate	4325.424	12+	S. Ingalls	Tues	6-6:50 pm	\$35 / \$44
Zumba	4681.421	16+	J.Castaneda	Tues/Thurs	7:30-8:20 pm	\$35 / \$44



Monteville

PARK AND RECREATION CENTER

www.chulavistaca.gov/rec



Shaun Ellis, Recreation Supervisor III • Shannon Bullock, Recreation Supervisor I • 840 Duncan Ranch Road (619) 691-5269
Monday - Thursday: 8 am - 9 pm • Friday: 8 am - 10 pm • Saturday: 8 am - 4 pm • Sunday: 12 - 4 pm

Take Me Out to the Ball Game

Enjoy a night out with family and friends at Petco Park. Come cheer on the Padres with fellow fans as we take on the Diamondbacks (8/29). Tickets were donated by the Padres Charity Ticket Program. All children must be accompanied by an adult. Ticket and transportation is included with fee. Space is limited. Fee: \$6 Resident / \$7 Non-Resident
#9998.351 August 29, 5 - 10 pm

Movie Nights at Monteville

Three different movies will be shown in the large grass area at the north end of the park on our large outdoor movie screen. Punch, popcorn, and snacks available for sale. FREE!
August 17, September 21 and October 19

Little Tikes Costume Carnival

Ages 6 and under
Enjoy a night of costume fun with your little one's. There will be arts & crafts, cookie decorating, and a few games that will have you and your child enjoying the evening together. A children's themed movie will be shown during the carnival beginning at 6:00 pm. Please register early space is limited. Fee: \$6 per child
#9044.450 October 28 4:30-7:00 pm

Pumpkin Carving & Decorating

Come enjoy a great afternoon of pumpkin carving and/or decorating. Children 2 - 6 years will be decorating their pumpkins with art supplies. Children 7 - 12 will be able to carve a pumpkin with the supplies we provide. Space is limited please register early. Fee: \$6 per child
Event is Monday, October 29

#9044.451 Ages: 2-6 2:30-3:45 pm
#9044.452 Ages: 7-12 4-5:30 pm

Born to Read

Join the Chula Vista Public Library at the Monteville Recreation Center for fun and educational toddler story times! FREE!
Tuesdays 10 am

Monteville Fitness Club ★

Ages 8-14
Students will learn the basics of a variety of fitness activities by participating in games and friendly competition. Registration required. FREE!
#4200.350 Thursdays 4 - 5 pm

Having A Ball

Ages 6-14
Play a variety of sports in the gymnasium--from indoor soccer to dodge ball. Staff will stress participation and good sportsmanship. FREE!
#4200.351 Tues, Wed, Thurs 3:30 - 5 pm

Open "B Boy" Dance Session

All ages
Join your friends in this dance/breakdance session. Bring your own music and practice your dance moves. FREE!
Fridays 7 - 8:30 pm

Parents' Night Out

Ages 5-14
Parents can have a night out while the kids participate in a variety of activities. Children must be dropped off and picked up from the event. Dinner will be provided. Fee: \$10 per child

Fall Madness

#9900.452 November 16 6-10 pm

10-week classes run September 24 - December 10 unless noted.
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

For class and program descriptions, turn to page 26

FREE FITNESS ACTIVITIES	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Kids Fitness Club	4200.450	8-14	Staff	Thurs	4-5 pm	FREE
Having a Ball	4200.451	6-14	Staff	Tue/Wed/Thur	3:30-5 pm	FREE

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Creative Hands	3200.450	2-3	Staff	Thurs	3:30-4:15 pm	\$38 / \$48
Creative Hands	3200.451	4-5	Staff	Thurs	4:30-5:15 pm	\$38 / \$48
Diaper Daredevils	0080.450	Walking-3	Jen Jensen	Mon	10-10:45 am	\$60 / \$74
Diaper Daredevils	0080.452	Walking-3	Jen Jensen	Tues	10-10:45 am	\$60 / \$74
Family Karate	0030.455	3+	Gary Amen	Wed	4:30-5:30 pm	\$38 / \$46
Little Picassos	0031.451	3-5	Ofelia Avarado	Mon	9-10 am	\$36 / \$44
Little Dunkers Basketball (11/4 - 12/9)	0330.451	2-3	Staff	Sat	10-10:45 am	\$25 / \$31
Little Dunkers Basketball (11/4 - 12/9)	0335.451	4-5	Staff	Sat	11-11:45 am	\$25 / \$31
Little Dunkers Basketball (9/29 - 10/27)	0335.450	4-5	Staff	Fri	5-5:45 pm	\$25 / \$31
Little Dunkers Basketball (9/29 - 10/27)	0330.450	2-3	Staff	Fri	4-4:45 pm	\$25 / \$31
Little QB Flag Football (11/3 - 12/8)	0330.453	2-3	Staff	Fri	4-4:45 pm	\$25 / \$31
Little QB Flag Football (11/3 - 12/8)	0335.453	4-5	Staff	Fri	5-5:45 pm	\$25 / \$31
Little QB Flag Football (9/30 - 10/28)	0330.452	2-3	Staff	Sat	10-10:45 am	\$25 / \$31
Little QB Flag Football (9/30 - 10/28)	0335.452	4-5	Staff	Sat	11-11:45 am	\$25 / \$31
Music For Parents & Me	0088.450	2.5-4	Merja Soria	Thurs	4:30-5:10 pm	\$65 / \$80
Ballet & Tap	0120.450	3-5	Carla Perez/Staff	Wed	5:45-6:15 pm	\$36 / \$44*
Ballet & Tap	0130.450	3-4	Felicia Alvarez	Thurs	2:30-3 pm	\$45 / \$55
Dance Combo	0130.451	2-3	Felicia Alvarez	Thurs	3-3:30 pm	\$45 / \$55
Ballet & Tap	0130.452	4-5	Felicia Alvarez	Thurs	4:15-4:45 pm	\$45 / \$55
Ballet & Tap	0130.453	3-4	Felicia Alvarez	Thurs	4:45-5:15 pm	\$45 / \$55

Ballet & Tap	0130.454	5-6	Felicia Alvarez	Thurs	3:30-4:15 pm	\$49 / \$60
Ballet & Tap	0130.455	3-4	Felicia Alvarez	Mon	10-10:30 pm	\$45 / \$55
Ballet & Tap	0130.457	4-5	Felicia Alvarez	Mon	11-11:30 pm	\$45 / \$55
Ballet & Tap	0130.458	3-4	Felicia Alvarez	Mon	11:30-12 pm	\$45 / \$55
Ballet	0110.450	3-5	Carla Perez/Staff	Mon	3:30-4 pm	\$36 / \$44*
Ballet	0110.451	3-5	Carla Perez/Staff	Tues	4-4:30 pm	\$36 / \$44*
Ballet Folklórico	0210.450	3-5	Carla Perez/Staff	Wed	4-4:30 pm	\$36 / \$44*
Gymnastics	0010.450	3-5	Carley Fields	Fri	2-2:50 pm	\$50 / \$63
Gymnastics	0010.451	3-5	Carley Fields	Fri	3-3:50 pm	\$50 / \$63
Hip Hop	0200.450	3-5	Carla Perez/Staff	Wed	4:30-5 pm	\$36 / \$44
Karate	0030.450	3-5	Gary Amen	Mon	3-3:30 pm	\$36 / \$44
Karate	0030.451	3-5	Gary Amen	Mon	3:30-4 pm	\$36 / \$44
Karate	0030.453	3-5	Gary Amen	Tues	3-3:30 pm	\$36 / \$44
Karate	0030.454	3-5	Gary Amen	Tues	3:30-4 pm	\$36 / \$44
Morning Ballet	0130.456	2-3	Felicia Alvarez	Mon	10:30-11 pm	\$45 / \$55
Tennis (8 wks)	0140.452	3-5	Juan Villanueva	Tues	9-9:45pm	\$80 / \$99
Tennis (8 wks)	0140.453	3-5	Juan Villanueva	Tues	10-10:45pm	\$80 / \$99
Sing, Sign, & Play (9/28-10/26)	0070.450	6-24 mos	Leah Albertson	Fri	10-10:50pm	\$70 / \$86
Sing, Sign, & Play (9/29-10/27)	0070.451	6-24 mos	Leah Albertson	Sat	10-10:50pm	\$70 / \$86
Sing, Sign, & Play (11/2-12/7)	0070.452	6-24 mos	Leah Albertson	Fri	9-9:50 am	\$70 / \$86
Sing, Sign, & Play Level II (11/2-12/7)	0071.450	6-24 mos	Leah Albertson	Fri	10-10:50 am	\$70 / \$86
Sing, Sign, & Play (11/3-12/8)	0070.453	6-24 mos	Leah Albertson	Saturday	10-10:50 am	\$70 / \$86
Super Tots	0080.451	3-5	Jen Jensen	Mon	11-11:45 am	\$60 / \$74
Super Tots	0080.453	3-5	Jen Jensen	Tues	11-11:45 am	\$60 / \$74
Super Tots II	0080.454	3-5	Jen Jensen	Mon	12-12:45pm	\$60 / \$74
Super Tots II	0080.454	3-5	Jen Jensen	Tues	12-12:45pm	\$60 / \$74
Tiny Tots	0090.450	3-5	Sonia Chavez	Tue/Thurs	9-11:50 am	\$120 / \$150
Tiny Tots	0090.451	3-5	Sonia Chavez	Wed/Fri	9-11:50 am	\$120 / \$150

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet & Tap	1230.450	6+	Carla Perez/Staff	Wed	6:15-7 pm	\$42 / \$51*
Ballet Level 1	1240.450	6+	Carla Perez/Staff	Mon	4:45-5:30 pm	\$42 / \$51*
Ballet Level 1	1240.451	6+	Carla Perez/Staff	Tues	4:30-5:15	\$42 / \$51*
Ballet Levels 2 & 3	1241.450	6+	Carla Perez/Staff	Mon	5:30-6:15 pm	\$42 / \$51*
Ballroom Dances	1710.450	16+	Saria Martin	Wed	7-7:50pm	\$49 / \$54
Belly Dancing	1540.450	Adult	Cecelia Martinez	Tues	7-7:50 pm	\$56 / \$69*
Belly Dancing	1540.452	Adult	Diana Weisner	Mon	7:30-8:20pm	\$45 / \$56
Flamenco	1460.452	Adult	Diana Weisner	Thurs	8-8:50 pm	\$46 / \$56
Hip Hop Dance	1610.450	6+	Carla Perez/Staff	Mon	6:15-7 pm	\$42 / \$51*
Hip Hop Dance	1610.451	6+	Carla Perez/Staff	Wed	5-5:45 pm	\$42 / \$51*
Hip Hop and Step Exercise	1490.451	8-11	Angelica Jurado	Fri	4-4:45	\$24 / \$30
Monteville Pointe Ballet	1242.450	10+	Carla Perez/Staff	Tues	5:15-6 pm	\$42 / \$51*
Polynesian Dance	1100.450	5-10	Leona Jasmin	Fri	5:15-6 pm	\$42 / \$51*
Polynesian Dance	1100.451	10+	Leona Jasmin	Fri	6:15-7 pm	\$41 / \$50
Salsa & Merengue	1730.450	16+	Saria Martin	Wed	8-8:50 pm	\$49 / \$54
Tap Dance	1205.450	5-12	Carla Perez/Staff	Mon	4:4:45 pm	\$42 / \$51*
Youth/Adult Belly Dancing	1454.452	6-18	Cecelia Martinez	Wed	6-6:50pm	\$56 / \$69

PERFORMING ARTS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Creative Art of Acting	2110.450	8+	Diannah Smith	Thurs	6-8 pm	\$42 / \$51

CREATIVE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Candle Making For Kids	3166.450	5-10	Michelle Slape	Sat	10-11 am	\$26 / \$31*
Cartooning	3166.450	8-13	Albert Songalia	Tues	6-6:50 pm	\$45 / \$56
Clay Plus! (8 wks)	3150.421	6-10	Teresa Mill	Tues	5-5:50	\$39 / \$48*
Drawing Plus! (8 wks)	3110.450	6-10	Teresa Mill	Tues	4-4:50	\$39 / \$48*
Fall Crafts Workshop (Oct 20)	3310.453	6-16	Donna Hlava	Sat	9:30 am-12 pm	\$16 / \$19*
Fall Crafts Workshop (Oct 20)	3311.453	6-16	Donna Hlava	Sat	1-3 pm	\$16 / \$19*
Fall Treats Workshop (Nov 17)	3310.454	6-16	Donna Hlava	Sat	9:30 am-12 pm	\$16 / \$19*
Fall Treats Workshop (Nov 17)	3311.454	6-16	Donna Hlava	Sat	1-3 pm	\$16 / \$19*
Holiday Crafts Workshop (Dec 10)	3310.455	6-16	Donna Hlava	Mon	4-6:30 pm	\$16 / \$19*
Holiday Cookies & Treats (Dec 22)	3310.456	6-16	Donna Hlava	Sat	9:30 am-12 pm	\$16 / \$19*
Holiday Cookies & Treats (Dec 22)	3311.456	6-16	Donna Hlava	Sat	1-3 pm	\$16 / \$19*
Gingerbread House Wkshp (Dec 9)	3310.457	6-16	Donna Hlava	Sun	1-3 pm	\$16 / \$19*
Gingerbread House Wkshp (Dec 15)	3310.458	6-16	Donna Hlava	Sat	10 am-12 pm	\$16 / \$19*
Gingerbread House Wkshp (Dec 15)	3310.459	6-16	Donna Hlava	Sat	1-3 pm	\$16 / \$19*

*Additional materials fee for the course.

Painting for Children (8 wks)	3155.451	6-12	Ofelia Alvarado	Thurs	3:30-5:30 pm	\$20 / \$24*
Scrapbooking for Kids (6 wks)	3700.451	7-10	Rita Medford	Tues	4-5:30 pm	\$56 / \$69
Scrapbooking for Kids (6 wks)	3700.452	11-14	Rita Medford	Thurs	4-5:30 pm	\$56 / \$69
Scrapbooking for Adults (5 wks)	3700.453	Adult	Rita Medford	Wed	6-8 pm	\$56 / \$69

ENRICHMENT	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Dog Obedience (8 wks)	3600.450	12+	Joyce Hitz	Wed	7-8 pm	\$65 / \$80
Dog Obedience (8 wks)	3600.451	12+	Joyce Hitz	Sat	3-4 pm	\$65 / \$80
Make, Bake, & Take (6 wks)	3310.450	5-12	D. Hlava	Wed	3:30-4:45 pm	\$35 / \$42*
Make, Bake, & Take (6 wks)	3310.451	5-12	D. Hlava	Wed	5-6:15 pm	\$35 / \$42*
Modeling 101	3100.450	8-11	Eva Gonzalez	Sat	10:15-11:15am	\$145 / \$180
Modeling 102	3100.452	12-19	Eva Gonzalez	Sat	11:30-1:00 pm	\$145 / \$180
Redirecting Childrens Behavior 9/27-10/25	3555.450	Adult	K. Taylor	Thurs	6:30-8:30 pm	\$150 / \$186*
Redirecting Childrens Behavior 11/1-12/6	3555.451	Adult	K. Taylor	Thurs	6:30-8:30 pm	\$150 / \$186*
When Your Kids Drive You Crazy...	3555.452	Adult	K. Taylor	Thur, Sept 20	6:30-8:30 pm	FREE

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Abs, Thighs, and Buns	4112.450	14+	Angelica Jurado	Tues	8-9 pm	\$34 / \$43
Basketball 101	4318.450	8-10	Staff	Wed	3:30-4:20 pm	\$36 / \$45
Boxing/Sculpt Combo-October	4313.451	Adult	L. Landry	Mon/Wed/Fri	9-10 am	\$31 / \$19
Boxing/Sculpt Combo-November	4313.452	Adult	L. Landry	Mon/Wed/Fri	9-10 am	\$31 / \$19
Boxing/Sculpt Combo-December	4313.453	Adult	L. Landry	Mon/Wed/Fri	9-10 am	\$31 / \$19
Cardio Kick Boxing-October	4680.450	Adult	Gary Amen	Wed	6:30-7:30 pm	\$15 / \$18
Cardio Kick Boxing-October	4311.452	Adult	L. Landry	Mon/Wed	9-10 am	\$26 / \$31
Cardio Kick Boxing-November	4680.451	Adult	Gary Amen	Wed	6:30-7:30 pm	\$15 / \$18
Cardio Kick Boxing-November	4311.453	Adult	L. Landry	Mon/Wed	9-10 am	\$26 / \$31
Cardio Kick Boxing-December	4680.452	Adult	Gary Amen	Wed	6:30-7:30 pm	\$15 / \$18
Cardio Kick Boxing-December	4311.454	Adult	L. Landry	Mon/Wed	9-10 am	\$26 / \$31
Cardio Dance	4111.450	Adult	L. Landry	Tues	7-7:50 pm	\$37 / \$46
Gymnastics 1	4320.450	6-14	Carley Fields	Fri	4-4:50 pm	\$50 / \$63
Gymnastics 2 & 3	4320.451	6-14	Carley Fields	Fri	5-5:50 pm	\$50 / \$63
Intro to Sports	4316.450	6-8	Staff	Mon	4-5 pm	\$35 / \$44
Kajukenbo Karate-October	4430.450	5+	B Angeles Sr.	Mon/Fri	6:30-8 pm	\$61 / \$75*
Kajukenbo Karate-November	4430.451	5+	B Angeles Sr.	Mon/Fri	6:30-8 pm	\$61 / \$75*
Kajukenbo Karate-December	4430.452	5+	B Angeles Sr.	Mon/Fri	6:30-8 pm	\$61 / \$75*
Karate 101	4350.450	6+	Gary Amen	Wed	5:30-6:30pm	\$40 / \$50*
Step & Sculpt-October	4312.451	Adult	L. Landry	Fri	9-10 am	\$16 / \$19
Step & Sculpt-November	4312.452	Adult	L. Landry	Fri	9-10 am	\$16 / \$19
Step & Sculpt-December	4312.453	Adult	L. Landry	Fri	9-10 am	\$16 / \$19
Adult Tennis (8 wks)	4565.451	18+	Randy Thomas	Thurs	6:30-7:30 pm	\$96 / \$119
Adult Tennis (8 wks)	4565.452	18+	Randy Thomas	Sat	9:30-10:30 am	\$96 / \$119
Adult Tennis (8 wks)	4565.453	18+	Randy Thomas	Sat	10:30-11:30 am	\$96 / \$119
Afterschool Tennis (9/26-10/24))	4578.451	Grades 1-3	Randy Thomas	Wed	3:30-4:20 pm	\$51 / \$61
Afterschool Tennis (10/31-12/5)	4578.452	Grades 1-3	Randy Thomas	Wed	3:30-4:20 pm	\$51 / \$61
Afterschool Tennis (9/27-10/25)	4578.453	Grades 4-6	Randy Thomas	Thurs	3:30-4:20 pm	\$51 / \$61
Afterschool Tennis (11/1-12/6)	4578.454	Grades 4-6	Randy Thomas	Thurs	3:30-4:20 pm	\$51 / \$61
Afterschool Tennis (9/26-10/24)	4579.455	Grades 7-8	Randy Thomas	Wed	4:30-5:20 pm	\$51 / \$61
Afterschool Tennis (10/31-12/5)	4579.456	Grades 7-8	Randy Thomas	Wed	4:30-5:20 pm	\$51 / \$61
Afterschool Tennis (9/27-10/25)	4579.457	Grades 7-8	Randy Thomas	Thurs	4:30-5:20 pm	\$51 / \$61
Afterschool Tennis (11/1-12/6)	4579.458	Grades 7-8	Randy Thomas	Thurs	4:30-5:20 pm	\$51 / \$61
Group Tennis (9/26-10/24)	4580.451	Grades 1-3	Randy Thomas	Wed	5:30-6:20 pm	\$76 / \$86
Group Tennis (10/31-12/5)	4580.452	Grades 1-3	Randy Thomas	Wed	5:30-6:20 pm	\$76 / \$86
Group Tennis (9/28-10/25)	4580.453	Grades 1-3	Randy Thomas	Fri	3:30-4:20 pm	\$76 / \$86
Group Tennis (11/2-12/7)	4580.454	Grades 1-3	Randy Thomas	Fri	3:30-4:20 pm	\$76 / \$86
Group Tennis (9/27-10/25)	4580.455	Grades 4-6	Randy Thomas	Thurs	5:30-6:20 pm	\$76 / \$86
Group Tennis (11/1-12/6)	4580.456	Grades 4-6	Randy Thomas	Thurs	5:30-6:20 pm	\$76 / \$86
Group Tennis (9/28-10/25)	4580.457	Grades 4-6	Randy Thomas	Fri	4:30-5:20 pm	\$76 / \$86
Group Tennis (11/2-12/7)	4580.458	Grades 4-6	Randy Thomas	Fri	4:30-5:20 pm	\$76 / \$86
Group Tennis (9/26-10/24)	4581.450	Grades 7-9	Randy Thomas	Wed	6:30-7:20 pm	\$76 / \$86
Group Tennis (10/31-12/5)	4581.451	Grades 7-9	Randy Thomas	Wed	6:30-7:20 pm	\$76 / \$86
Group Tennis (9/28-10/26)	4581.452	Grades 7-9	Randy Thomas	Fri	5:30-6:20 pm	\$76 / \$86
Group Tennis (11/2-12/7)	4581.453	Grades 7-9	Randy Thomas	Fri	5:30-6:20 pm	\$76 / \$86
Yoga	4010.450	Adult	Y. Rodriguez	Thurs	6:35-7:25 pm	\$35 / \$42
Yoga	4010.450	Adult	Y. Rodriguez	Sat	9-10 am	\$35 / \$42

Otay

RECREATION CENTER

www.chulavistaca.gov/rec

Michelle Castagnola, Recreation Supervisor II • Berenice Mora, Recreation Supervisor I • 3554 Main Street (619) 476-5325
Monday - Thursday: 2 - 8:45 pm • Friday: 2 - 6:45 pm • Saturday: 7:30 am - 3:30 pm • Sunday: 12 - 3:45 pm

Hip To Be Fit ★ Ages 6-12

Kids will enjoy this dance exercise class, which is so much fun dancing they won't even realize they are getting into shape. Registration is required. Free! (10 weeks)

#4620.444 Thurs 3 - 4 pm

Wiz Kids Elementary Students

Program increases drug awareness, builds self esteem, and enhances refusal skills. Free!

Mon - Thurs 2:00 - 4:30 pm

Fri 1 - 4:30 pm

Hall of Fame Tournaments Ages 10+

A different sports tournament each month--billiards, ping-pong, soccer, basketball, and more. Free!

Second and Last Thursday of the month, 4:30 - 7:30 pm

Back To School Night Ages 5-12

Get ready for the new year! We'll supply school supplies, and school/educational services information. Free!

Sept. 12 6:30 - 7:15 pm

Halloween Tot Carnival Ages 2-5

Carnival games, a costume contest, and snacks will be just what your toddler needs for a safe and happy Halloween! Free!

Oct. 31, 10:30 am -12 pm

Otay Haunted House

Come and enjoy the chills and thrills of a real haunted house, filled with scary theme rooms. Day one: ages 13 and older who really want to be scared. Day two: a thriller for ages 5-12.

Oct. 27, 9 pm-midnight

Ages 13+, \$3

Oct. 28, 6-9 pm

Ages 5-12, \$1

Turkey Bowling All ages

An all time favorite pastime. Who can resist throwing a frozen turkey down an oily bowling lane at 10 real bowling pins. FREE!

November 20, 3pm

Breakfast With Santa All ages

Join family and friends for an early morning breakfast of pancakes and sausage, and holiday arts & crafts. Don't forget your camera!

#9100.466 Dec. 15, 9-10:30 am \$2/child \$4/adult

10-week classes run September 24 - December 10 unless noted.

No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

For class and program descriptions, turn to page 26

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Apples to Zebras	0240.441	3-5	Staff	Mon/Wed	11:15-12 pm	\$65 / \$80
Bumble Bee Sports (9 weeks)	0150.441	2-3	Staff	Thurs/Fri	4-4:45 pm	\$86 / \$106
Bumble Bee Sports (9 weeks)	0150.442	2-3	Staff	Tues/Thurs	11-11:45 am	\$86 / \$106
Bumble Bee Sports (9 weeks)	0150.443	4-5	Staff	Thurs/Fri	5-5:45 pm	\$86 / \$106
Creative Hands	0030.441	3-5	Staff	Sat	10:30-11:30 am	\$38 / \$48
Learn & Play	0230.441	3-5	Staff	Tues/Thurs	9:15-10:45 am	\$90 / \$112
Me, You, and Fun, Too!	0280.441	1.5-3	Staff	Tues	4-5 pm	\$45 / \$55
Me, You, and Fun, Too!	0280.442	1.5-3	Staff	Thurs	12-1 pm	\$45 / \$55
Mighty Tykes	0220.441	3-5	Staff	Mon	4:15-5 pm	\$50 / \$62
Preschool Ballet	0110.444	3-5	Carla Perez/Staff	Wed	5-5:30 pm	\$36 / \$44*
Preschool Ballet & Tap	0120.441	2-6	Carla Perez/Staff	Wed	4:30-5 pm	\$36 / \$44*
Preschool Hip Hop	0200.441	3-5	Carla Perez/Staff	Mon	6:15-6:45 pm	\$36 / \$44*
Wiggly Worms	0210.441	1.5-3	Staff	Tues	12-12:45 pm	\$50 / \$62

PERFORMING ARTS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Creative Art of Acting	1530.444	8+	Diannah Smith	Wed	6:15-7:45 pm	\$42 / \$51
Guitar (6 weeks)	1560.441	6-15	Ben-E	Mon	4-5 pm	\$34 / \$42*
Guitar (6 weeks)	1560.442	16+	Ben-E	Wed	4-5 pm	\$34 / \$42*

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet	1230.442	6+	Carla Perez/Staff	Wed	5:30-6:15 pm	\$42 / \$51*
Hip Hop	1365.442	6+	Carla Perez & Staff	Monday	6:45-7:30 pm	\$42 / \$51*

ENRICHMENT	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Make, Bake, & Take (6 weeks)	3310.441	5-12 yrs.	Donna Hlava	Fri	3-4:15 pm	\$35 / \$43*

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Adaptive Fitness	4620.449	Adult	Staff	Mon/Wed/Fri	9:30-11 am	\$47 / \$57
Adult Fitness	4620.445	15+	Staff	Sun-Sat	center hours	\$28 / \$56
Capoeira Brasil	4350.442	6+	Leo Falcao	Tues/Thurs	7-8:30 pm	\$50 / \$61*
Hip to Be Fit	4620.444	5-12	Staff	Thurs	3-4 pm	FREE
Karate 101	4350.441	6+	Gary Amen	Tues	6-7 pm	\$40 / \$50*
Morning Circuit	4620.448	Adult	Staff	Mon/Wed/Fri	9:30-11 am	\$47 / \$57
Youth/Teen Fitness	4620.441	10-17	Staff	Mon/Wed	4-5 pm	\$17 / \$33
Tai Chi - Oct	4640.441	Adult	Lenora Lowe	Tues/Thurs	6-7:30 pm	\$45 / \$53
Tai Chi - Nov	4640.442	Adult	Lenora Lowe	Tues/Thurs	6-7:30 pm	\$45 / \$53

*Additional materials fee for the course.

Parkway

RECREATION CENTER

www.chulavistaca.gov/rec



Frank Carson, Recreation Supervisor III • 373 Park Way (619) 691-5083
Monday - Thursday: 2:30 - 8:30 pm • Friday: 2:30 - 7 pm • Saturday - Sunday: 12 - 4 pm

Hip To Be Fit ★ Ages 6 - 14

This 8-week program offers cardiovascular exercise, performing dance routines, and other aspects of fitness. Prizes! FREE!

#9055.465 Wednesdays, Sept 26 - Nov 14, 4:30-5:30 pm

Kung Fu Fit ★ Ages 6 - 14

We encompass physical fitness with martial arts/self-defense. Prizes will be given out for this eight-week program. FREE!

#9055.468 Mondays, Sept 24 - Nov 12, 4:30-5:30 pm

RetroFit ★ Ages 6 - 14

This physical fitness program offers old school games--like dodgeball, kickball, and broomball--while getting fit the Retro way. Lots of fun and prizes, too! (8 weeks) FREE!

#9055.463 Tuesdays, Sept 25 - Nov 13, 4:30-5:30 pm

Family Movie Night

Bring the family, dinner, and snacks! Join us for a G or PG movie at Memorial Bowl. A fun family night out! FREE!

Event is on Saturday nights at dusk

September 15 October 27
November 17 December 15

Amazing Science Friday Ages 6 - 12

This is a great activity for young people that like to mess around with science! Experiment with projects such as Sublime Stone, Bubble Trouble, and Bendy Bones. Fee: \$11 Resident / \$13 Non-Resident

#9066.462 Friday, September 21, 4 - 7 pm

#9066.466 Friday, December 21, 4 - 7 pm

Holiday Crafts/Gifts - Parents Day Out! Ages 5 - 15

Make crafts and gifts for family members for the winter holidays while parents can take the time to do a little shopping of their own. Fee includes materials for crafts/gifts, snacks and drinks.

Extended hours include dinner, drinks and games.

Fee: \$10 Resident / \$13 Non-Resident

#9066.463 Saturday, December 8, 12 - 4 pm

Extended Hours Fee: \$7 Resident / \$9 Non-resident

#9066.465 4 - 6 pm

**10-week classes run September 24 - December 9 unless noted.
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).**

For class and program descriptions, turn to page 26

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Baby Signs - Infantile	0005.461	0-12 mos	Jennifer Duncan	Tues	10-10:45 am	\$49 / \$60
Baby Signs - Toddler	0005.463	13 mos-3	Jennifer Duncan	Tues	11-11:45 am	\$49 / \$60
Diaper Daredevils (Tumbling)	0080.461	Walking-3	Jen Jensen	Fri	10-10:45 am	\$60 / \$74
Mom (or Dad) & Me	0001.461	1-3	Roxanne Knight	Mon	10-11 am	\$40 / \$50
Pee Wee Sports (Sept 25-Dec 4)	0098.468	3-5	Staff Coaches	Tues	3-3:50 pm	\$44 / \$55
Ballet	0110.462	3-5	Marla Navarette	Mon	4-4:30 pm	\$36 / \$42*
Ballet	0110.461	3-5	Marla Navarette	Mon	4:40-5:10 pm	\$36 / \$42*
Ballet & Tap	0110.463	3-5	Marla Navarette	Tues	4:30-5 pm	\$36 / \$42*
Folklórico Mexicano	0140.462	3-5	Y. Chacón-Beniquez	Sat	9:30-10 am	\$36 / \$42*
Hip Hop	0200.461	3-5	Marla Navarette	Thurs	4:30-5 pm	\$36 / \$42*
Karate	0030.461	3-5	Jessica Hickman	Tues	3:15-3:45 pm	\$25 / \$30
Mini Basketball (Sept 26-Dec. 5)	0098.463	3-5	Staff Coaches	Wed	3:30-4:15 pm	\$42 / \$53
Mini Soccer (Sept. 27 - Dec. 6)	0098.462	3-5	Monica Frazer	Thurs	3:15-4 pm	\$42 / \$53
Super Tots (Tumbling)	0080.462	3-5	Jen Jensen	Fri	11-11:45 am	\$60 / \$74
Super Tots (Tumbling)	0080.464	3-5	Jen Jensen	Fri	4-4:45 pm	\$60 / \$74
Tiny Tots	0090.461	3-5	Staff	Tue/Thurs	9-11:50 am	\$120 / \$150
Tiny Tots	0090.463	3-5	Staff	Wed/Fri	9-11:50 am	\$120 / \$150

CREATIVE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Artistic Adventures	3180.465	6-12	Ruben Gonzales	Wed	5-5:50 pm	\$44 / \$55
Ballooning (Begin. Workshop)	3020.461	13+	Leo Cruz	Sat, Oct 6	10 am-12 pm	\$42 / \$51*
Ballooning (Adv. Begin. Wksp)	3030.463	13+	Leo Cruz	Sat, Nov 3	10 am-12 pm	\$54 / \$66*
Calligraphy In One Day	3195.463	10+	T. Cannatello	Sat, Sept 22	11 am-1 pm	\$34 / \$42*
Drawing in Pencil & Pastel	3080.463	6-12	Ruben Gonzales	Wed	4-4:50 pm	\$42 / \$53*
Knitting 101	3160.465	8-12	Betsy Peña	Tues	5:30-6:30 pm	\$46 / \$56*

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Adult Tap Dance	1260.462	16+	Christine Schroeder	Monday	7-7:50 pm	\$30 / \$36 *
Ballet & Tap	1230.461	5-9	Marla Navarette	Tues	5:10-5:55 pm	\$42 / \$51*
Folklórico Mexicano (Beg. Level 1)	1245.463	6+	Y. Chacón-Beniquez	Sat	11-11:50 am	\$42 / \$51*
Folklórico Mexicano (Beg. Level 2)	1245.462	18+	Y. Chacón-Beniquez	Sat	10-10:50 am	\$42 / \$51*
Folklórico Mexicano (Emerging)	1245.461	11-20	Y. Chacón-Beniquez	Sat	1-1:50 pm	\$42 / \$51*
Folklórico Mexicano (Inter. 1)	1250.463	7+	Y. Chacón-Beniquez	Sat	2-2:50 pm	\$42 / \$51*
Folklórico Mexicano (Inter. 2)	1250.462	7+	Y. Chacón-Beniquez	Sat	12-12:50 pm	\$42 / \$51*
Folklórico Mexicano (Adv.)	1255.461	8+	Y. Chacón-Beniquez	Thurs	6-6:50 pm	\$42 / \$51*
Folklórico Mexicano (Dance Tech)	1260.461	11-20	Y. Chacón-Beniquez	Sat	3-3:50 pm	\$42 / \$51*
Hip Hop Dance	1365.462	6-13	Marla Navarette	Thurs	5:10-5:55 pm	\$42 / \$51*

PERFORMING ARTS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Drumming - Beginners	1550.465	7-10	Chris Orozco	Mon	5-6 pm	\$38 / \$46
Drumming - Beginners	1550.467	11 - 15	Chris Orozco	Mon	6:15-7:15 pm	\$38 / \$46
Harmonica Workshop	1575.465	10+	Harmonica John	Sat., Sept 29	10-12 am	\$42 / \$51
Mariachi / Rondalla	2158.465	10+	Robert Ojeda	Wed	5:15-6:05 pm	\$53 / \$64*

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Aikido	4488.462	6+	Sensei Lee	Tues	6-7 pm	\$48 / \$59*
Basketball 101	4318.461	8-10	Corey Smith	Thurs	4:15-5:05 pm	\$36 / \$45
Capoeira Mandinga-Sept	4450.363	16+	Paulo Batuta	Mon	6:30-8 pm	\$23 Mo/\$10 Day
Capoeira Mandinga-Oct	4450.461	16+	Paulo Batuta	Mon	6:30-8 pm	\$23 Mo/\$10 Day
Capoeira Mandinga-Nov	4450.462	16+	Paulo Batuta	Mon	6:30-8 pm	\$23 Mo/\$10 Day
Capoeira Mandinga-Dec	4450.463	16+	Paulo Batuta	Mon	6:30-8 pm	\$17 Mo/\$10 Day
Cardio Abs (Woman's Club)	4260.463	18+	Jessica Hickman	Tues	6-6:50 pm	\$18 / \$21
CV Karate Club - Interm.	4315.461	5+	Jessica Hickman	Tues	5-5:50 pm	\$30 / \$37
CV Karate Club - Beg.	4310.461	5-11	Jessica Hickman	Tues	4-4:50 pm	\$30 / \$37
Hip To Be Fit (Sept. 26 - Dec. 5)	9055.465	6-14	Shawna Cloud	Wed	4:30-5:30 pm	FREE
Kajukenbo Karate - Sept	4430.363	7+	Vincent Gadiano	Mon/Wed	7-8:15 pm	\$56 / \$69
Kajukenbo Karate - Oct	4430.461	7+	Vincent Gadiano	Mon/Wed	7-8:15 pm	\$56 / \$69
Kajukenbo Karate - Nov	4430.462	7+	Vincent Gadiano	Mon/Wed	7-8:15 pm	\$56 / \$69
Kajukenbo Karate - Dec	4430.463	7+	Vincent Gadiano	Mon/Wed	7-8:15 pm	\$42 / \$51
Kung Fu Fit (Sept. 24 - Dec. 3)	9055.468	6-14	Mohammed Farha	Mon	4:30-5:30 pm	FREE
Mixed Martial Arts	4550.461	15+	Sensei Lee	Sun	1-3 pm	\$59 / \$74
RetroFit (Sept. 25 - Dec. 4)	9055.463	6-14	Corey Smith	Tues	4:30-5:30 pm	FREE
Strength/Step Aerobics - Sept	4320.363	18+	Nancy Kelsey	Mon/Thurs	5:30-6:30 pm	\$25 Mo/\$5 Day
Strength/Step Aerobics - Oct	4320.461	18+	Nancy Kelsey	Mon/Thurs	5:30-6:30 pm	\$25 Mo/\$5 Day
Strength/Step Aerobics - Nov	4320.462	18+	Nancy Kelsey	Mon/Thurs	5:30-6:30 pm	\$25 Mo/\$5 Day
Strength/Step Aerobics - Dec	4320.463	18+	Nancy Kelsey	Mon/Thurs	5:30-6:30 pm	\$18 Mo/\$5 Day
Turbo Kick - Woman's Club - Sept	4114.363	18+	Gladys Ramos	Mon/Wed	5:15-6:15 pm	\$25 Mo/\$5 Day
Turbo Kick - Woman's Club - Oct	4114.461	18+	Gladys Ramos	Mon/Wed	5:15-6:15 pm	\$25 Mo/\$5 Day
Turbo Kick - Woman's Club - Nov	4114.462	18+	Gladys Ramos	Mon/Wed	5:15-6:15 pm	\$25 Mo/\$5 Day
Turbo Kick - Woman's Club - Dec	4114.463	18+	Gladys Ramos	Mon/Wed	5:15-6:15 pm	\$18 Mo/\$5 Day
Yoga - Lunch Hour - Sept	4112.363	18+	Yolanda Rodriguez	M/W/ Th	12-12:50 pm	\$42 Mo/\$5 Day
Yoga - Lunch Hour - Oct	4112.461	18+	Yolanda Rodriguez	M/W/ Th	12-12:50 pm	\$42 Mo/\$5 Day
Yoga - Lunch Hour - Nov	4112.462	18+	Yolanda Rodriguez	M/W/Th	12-12:50 pm	\$42 Mo/\$5 Day
Yoga - Lunch Hour - Dec	4112.463	18+	Yolanda Rodriguez	M/W/Th	12-12:50 pm	\$32 Mo/\$5 Day

*Additional materials fee for the course.

Salt Creek

PARK AND RECREATION CENTER

www.chulavistaca.gov/rec

Steve Scott, Recreation Supervisor III • Heidi Sorour, Recreation Supervisor I • 2710 Otay Lakes Road (619) 585-5739
Monday - Friday: 8 am - 8:45 pm • Saturday: 8 am - 3:45 pm • Sunday: Closed

Foggy Mountain Harvest Folk Band

Join the Salt Creek Center and the Foggy Mountain Harvest Folk Band on the beautiful patio. Kick back, relax, dance and enjoy the music! Free!
Sept 7 from 6 - 8:30 pm

Parents' Night Out Ages 6-14

Parents can have a night out while the kids are occupied with dinner, crafts, movies, and indoor/outdoor games. Children must be dropped off and picked up. Fee: \$10 per child

#9000.431 October 26 6 - 9 pm
#9000.432 November 16 6 - 9 pm
#9000.433 December 14 6 - 9 pm

Tournament Fridays

Come join the competition and fun when we play Simon Says, pool, Monopoly, foosball, bumper pool, Dominos, air hockey, ping-pong, and more. Free!

Fridays 3:30 - 5 pm

Story Time

The Eastlake Branch Library hosts Story Time. Free!
Tuesdays, starting July 10 from 11 am - 12 pm.

Salt Creek Fall Camp Ages 6-14

Field trips, staff directed indoor and outdoor games, arts & craft projects and movies will be offered to all participants in camp. Please bring a jacket, a snack, plenty of water and a brown bag lunch daily as we blast into camp. Camp T-shirt is included with weekly fee and will be distributed prior to field trip day.

Fall Camp extended care available:

AM extended day \$10 per child per week
#9201.430 7 - 9 am
PM extended day \$10 per child per week
#9201.431 4 - 6 pm

Become a Junior Counselor Ages 12-14

Gain valuable experience working within the recreation field and assist with daily activities and field trips. Space is limited. Fee: \$75 per week
#9202.4332

Gobble Trot Obstacle Course Ages 6-14

Gobble your way into the Thanksgiving holiday by participating in our obstacle challenge in the gym. Free!
#9044.433 Saturday, November 17 12 - 2 pm

Halloween Crafts / Costume Contest Ages 6-14

Create your very own treat bag. Costume judging begins at 6:00 pm sharp Prizes! Free!
#9044.435 Wednesday, October 31 5 - 6:30 pm

Family Snowball Dodge Ball Party Ages 6+

Spend the evening playing dodge ball with family and friends. Prizes! Free!
#9044.436 Friday, December 21 6 - 9 pm

10-week classes run September 24 - December 10 unless noted.
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

For class and program descriptions, turn to page 26

FALL CAMPS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
September 17-21	9200.430	6-14	Staff	Mon-Fri	9 am-4 pm	\$130 / \$165*
September 24-28	9200.431	6-14	Staff	Mon-Fri	9 am-4 pm	\$130 / \$165*
October 1-5	9200.432	6-14	Staff	Mon-Fri	9 am - 4 pm	\$130 / \$165*

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet	0110.433	3-5	Carla Perez & Staff	Tues	5:45-6:15 pm	\$36 / \$44*
Creative Ballet	0502.431	2.5-5	Elizabeth Larson	Mon	9-9:50 am	\$40 / \$50*
Hip Hop	0200.433	3-5	Carla Perez & Staff	Tues	6:15-6:45 pm	\$36 / \$44*
Tap/Jazz Combo/Broadway Kids	0503.431	2.5-4	Elizabeth Larson	Mon	10-10:50 am	\$40 / \$50*
Tap/Jazz Combo/Broadway Kids	0503.432	2.5-4	Elizabeth Larson	Sat	10:30-11:20 am	\$40 / \$50*
Tiny Tots	0090.433	3-5	Barbara Magallanes	Tue/Thurs	9-11:50 am	\$120 / \$150*
Tiny Tots	0090.434	3-5	Barbara Magallanes	Wed/Fri	9-11:50 am	\$120 / \$150*

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet	1230.435	6+	Carla Perez & Staff	Tues	5-5:45 pm	\$42 / \$51*
Creative Ballet	2500.431	4-6	Elizabeth Larson	Tues	4:15-5:05 pm	\$40 / \$50*
Creative Ballet	2500.432	4-6	Elizabeth Larson	Sat	11:30 am-12:20 pm	\$40 / \$50*
Creative Ballet	2500.433	6+	Elizabeth Larson	Tues	5:15-6 pm	\$40 / \$50*
Creative Ballet	2500.434	6+	Elizabeth Larson	Thurs	5-6 pm	\$40 / \$50*
Hip Hop	1365.433	6+	Carla Perez & Staff	Tues	6:45-7:30 pm	\$42 / \$51*
Hip Hop & Step Exercise	1490.431	12+	Angelica Jurado	Mon	4-4:50 pm	\$27 / \$34*
Hula	2501.131	5+	Ivanna Corona	Thurs	4-4:50 pm	\$40 / \$50*

Turns and Leaps	1111.431	14+	Justin White	Tues	7-7:50pm	\$32 / \$40
Youth Belly Dancing (8 wks)	1454.431	6-18	Cecilia Martinez	Sat	2-2:50 pm	\$55 / \$69*
Adult Belly Dancing (8 wks)	1454.432	18+	Cecilia Martinez	Sat	3-3:50 pm	\$55 / \$69*
Belly Dancing (1 class)	1454.433	6+	Cecilia Martinez	Sat	See Above	\$8 / \$12*

PERFORMING ARTS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Mariachi/Rondalla	2158.430	12+	Robert Ojeda	Fri	6:30-7:20 pm	\$53 / \$64

CREATIVE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Art Studio	3150.434	6-12	Frances Bordenave	Thurs	4-4:50 pm	\$45 / \$56
Paper Crafts & Scrapbooking	3750.431	12+	Gail Vought	Mon	7:30-8:50 pm	\$105 / \$131
Paper Crafts & Scrapbooking (2)	3750.432	12+	Gail Vought	Mon	7:30-8:50 pm	\$26 / \$34

ENRICHMENT	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Build Your Own Cook Book	3115.432	6-12	Amanda McCurdy	Mon	4:30-5:20 pm	\$45 / \$56

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Cheerleading Workshop	4595.433	to 14	Justin White	Wed	7:30-8:20 pm	\$33 / \$41
Golf - Beginning	4030.433	4-17	Barbara Rice	Fri	3:45-4:35 pm	\$180 / \$225*
Jiu-jitsu	4634.431	5-12	Ronnie Soriano	Tues	7-7:50 pm	\$32 / \$40
Jiu-jitsu	4634.432	13+	Ronnie Soriano	Tues	8-8:50 pm	\$32 / \$40
Judo - Beginning	4360.434	5+	Matt Ozaki/Staff	Wed	7-7:50 pm	\$28 / \$35*
Judo - Advanced	4365.434	5+	Matt Ozaki/Staff	Wed	8-8:50 pm	\$28 / \$35*
Karate-Do - Beginning	4320.433	5-11	Al Lopez	Tues	4-4:50 pm	\$35 / \$44*
Karate-Do - Beginning	4320.435	5-11	Al Lopez	Thurs	5-5:50 pm	\$35 / \$44*
Karate-Do - Intermediate	4320.432	12+	Al Lopez	Mon	5:30-6:20 pm	\$35 / \$44*
Karate-Do - Intermediate	4320.436	12+	Al Lopez	Thurs	6-6:50 pm	\$35 / \$44*
Power Yoga - Oct/Monthly	4330.433	18+	Scott Sutherland	Wed	8:15-9 am	\$35 / \$44
Power Yoga - Oct/Daily	4331.433	18+	Scott Sutherland	Wed	8:15-9 am	\$9 / \$12
Power Yoga - Nov/Monthly	4332.433	18+	Scott Sutherland	Wed	8:15-9 am	\$35 / \$44
Power Yoga - Nov/Daily	4333.433	18+	Scott Sutherland	Wed	8:15-9 am	\$9 / \$12
Power Yoga - Dec/Monthly	4334.433	18+	Scott Sutherland	Wed	8:15-9 am	\$35 / \$44
Power Yoga - Dec/Daily	4335.433	18+	Scott Sutherland	Wed	8:15-9 am	\$9 / \$12
Power Yoga - Oct/Monthly	4330.439	18+	Scott Sutherland	Fri	8-8:45 pm	\$35 / \$44
Power Yoga - Oct/Daily	4331.439	18+	Scott Sutherland	Fri	8-8:45 pm	\$9 / \$12
Power Yoga - Nov/Monthly	4332.439	18+	Scott Sutherland	Fri	8-8:45 pm	\$35 / \$44
Power Yoga - Nov/Daily	4333.439	18+	Scott Sutherland	Fri	8-8:45 pm	\$9 / \$12
Power Yoga - Dec/Monthly	4334.439	18+	Scott Sutherland	Fri	8-8:45 pm	\$35 / \$44
Power Yoga - Dec/Daily	4335.439	18+	Scott Sutherland	Fri	8-8:45 pm	\$9 / \$12
Rhythmic Gymnastics (female)	6140.430	6-8	Alla Zubkis	Wed	4-5 pm	\$70 / \$88*
Rhythmic Gymnastics (female)	6140.434	9+	Alla Zubkis	Wed	5-6 pm	\$70 / \$88*
Shito-Ryu Karate	4330.430	5+	Julio Martinez	Wed	4:30-5:20 pm	\$45 / \$56*
Shito-Ryu Karate	4330.434	5+	Julio Martinez	Wed	5:30-6:20 pm	\$45 / \$56*
Shito-Ryu Karate	4330.437	5+	Julio Martinez	Sat	9:30-10:20 am	\$45 / \$56*
Table Tennis/Ping Pong	4147.434	to 8	Barney Reed	Wed	4-4:50 pm	\$43 / \$54
Table Tennis/Ping Pong	4147.435	9+	Barney Reed	Wed	5-5:50 pm	\$43 / \$54
Yoga	4112.432	18+	Yolanda Rodriguez	Mon	9-10 am	\$30 / \$37*
Yoga	4112.434	18+	Yolanda Rodriguez	Wed	9-10 am	\$30 / \$37*
Yoga (1 Class)	4114.434	18+	Yolanda Rodriguez	Mon/Wed	9-10 am	\$5 / \$7*
Adult Beginning Tennis (8 wks)	5569.433	18+	Juan Villanueva	Wed	9-9:50 am	\$96 / \$119*
Adult Tennis Lessons (8 wks)	4565.430	18+	Juan Villanueva	Tues	7-8 pm	\$96 / \$119*
Adult Tennis Lessons (8 wks)	4565.434	18+	Juan Villanueva	Wed	11-12 pm	\$96 / \$119*
Adult Tennis Lessons (8 wks)	4565.435	18+	Juan Villanueva	Wed	10-10:50 am	\$96 / \$119*
Adult Tennis Lessons (8 wks)	4565.432	18+	Juan Villanueva	Sat	9:30-10:30 am	\$96 / \$119*
Adult Tennis Lessons (8 wks)	4565.433	18+	Juan Villanueva	Sat	10:30-11:30 am	\$96 / \$119*
Fall Tennis Camp (9/17-9/21)	5561.433	7-15	Juan Villanueva	Mon-Fri	9 am - 12 pm	\$115 / \$144
Fall Tennis Camp (9/24-9/28)	5561.434	7-15	Juan Villanueva	Mon-Fri	9 am - 12 pm	\$115 / \$144
Fall Tennis Camp (10/1-10/5)	5561.435	7-15	Juan Villanueva	Mon-Fri	9 am - 12 pm	\$115 / \$144
High Perform. Team (8 wks)	4590.430	5-12	Juan Villanueva	Tues	6-7 pm	\$96 / \$119*
High Perform. Team (8 wks)	4590.431	8-16	Juan Villanueva	Wed	6-7 pm	\$96 / \$119*

*Additional materials fee for the course.

Veterans

PARK AND RECREATION CENTER

www.chulavistaca.gov/rec



Anthony Ramos, Recreation Supervisor III • Joanne Stout, Recreation Supervisor I • 785 E. Palomar (619) 691-5260
Monday - Friday: 9 am - 12 pm, then 2 - 9 pm • Saturday & Sunday: 12 - 4 pm

SHARK ★ Ages 5-10

(Start Healthy, Active Recreation for Kids) SHARK provides kids an opportunity to enrich their sports skills by participating in a safe, positive, and non-competitive program. Nutrition instruction will encourage your children to make healthy lifestyle choices. Free!

#9900.411

Monday/Wednesday, 4 - 5 pm

Kids' Night Out - Back to School Party Ages 5-12

Parents can have the night out, while the kids participate in a variety of activities. Fee: \$10 Resident / \$15 Non-Resident

#2155.311 Sept 14 6 - 10 pm

Family Fun Night

Drop by and enjoy bingo night with the entire family!
September 5 6:30 - 7:30 pm

Movies in the Moonlight

Pack your dinner and enjoy it with your family while watching a G or PG movie. Free!

September 28 7 pm

Flashlight Candy Hunt Ages 2-12

Get ready for our 3rd Annual Flashlight Candy Hunt! Participants can hunt for sweet treasures in two age divisions: 2-5 years and 6-12 years. The entire family can enjoy treats, prizes, crafts, and a costume contest. Remember to bring your flashlight, a bag for your treats, and wear your favorite costume. Pre-registration required. Fee: \$5 Resident / \$7 Non-Resident
#9930.411 October 27 5:30 - 7:30 pm

Turkey Hunt Ages 6-12

The Veterans Park Turkeys' are missing? Join us as we search Veterans Park for clues to where the turkeys are. This event will include: crafts, treats, prizes and a scavenger hunt throughout the park. Pre-Registration required.

Fee: \$5 Resident / \$7 Non-Resident

#9930.412 November 16 4 pm

Story Time

Join the City of Chula Vista Library at the Veterans Park Recreation Center for Drop Everything and Read (D.E.A.R.) Join us and give your child the gift of reading. FREE!

Fridays, September 28 - December 7, 10:30 - 11 am
(no Story Time on November 23)

10-week classes run September 24 - December 10 unless noted.
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

For class and program descriptions, turn to page 26

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Family Karate	0030.413	3-5	Gary Amen	Sat	11:15-11:45 am	\$40 / \$50
Family Karate (up to 3 family members)	0030.414	3+	Gary Amen	Sat	11:15-11:45 am	\$5 / \$7
Family Music (2 children, 9/25-10/23)	0080.411	1-4 yrs.	Merja Soria	Tues	5:15-5:55 pm	\$95 / \$113
Family Music (2 children, 10/30-12/4)	0080.412	1-4	Merja Soria	Tues	5:15-5:55 pm	\$95 / \$113
Infantile Education in Japanese	0333.411	3	Yasuko Murakami	Sat	9 am-12 pm	\$131 / \$163
Infantile Education in Japanese	0333.412	4	Yasuko Murakami	Sat	9 am-12 pm	\$131 / \$163
Infantile Education in Japanese	0333.413	5-6	Yasuko Murakami	Sat	12:30-3:30 pm	\$131 / \$163
Kindergarten Prep for Success (9/24-10/22)	0180.411	3.5-5	Kristin Guardado	Mon	3-3:45 pm	\$47 / \$58*
Kindergarten Prep for Success (10/29-12/10)	0180.412	3.5-5	Kristin Guardado	Mon	3-3:45 pm	\$47 / \$58*
Little Hands	0020.411	1.6-3	Staff	Mon	10-10:30 am	\$39 / \$49
Little Hands	0020.412	1.6-3	Staff	Wed	3:30-4 pm	\$39 / \$49
Little Hands	0025.411	3-5	Staff	Mon	10:45-11:15 am	\$39 / \$49
Little Sports of All Sorts (9/28-10/26)	0330.413	2-3	Staff	Fri	4-4:45 pm	\$25 / \$30
Little Sports of All Sorts (10/30-12/4)	0330.414	2-3	Staff	Tues	4-4:45 pm	\$25 / \$30
Little Sports of All Sorts (9/28-10/26)	0335.413	4-5	Staff	Fri	5-5:45 pm	\$25 / \$30
Little Sports of All Sorts (10/30-12/4)	0335.414	4-5	Staff	Tues	5-5:45 pm	\$25 / \$30
Little Sticks (9/25-10/23)	0330.411	2-3	Staff	Tues	4-4:45 pm	\$25 / \$30
Little Sticks (11/2-12/7)	0330.412	2-3	Staff	Fri	4-4:45 pm	\$25 / \$30
Little Sticks (9/25-10/23)	0335.411	4-5	Staff	Tues	5-5:45 pm	\$25 / \$30
Little Sticks (11/2-12/7)	0335.412	4-5	Staff	Fri	5-5:45 pm	\$25 / \$30
Music for Parent & Me (9/25-10/23)	0088.411	1-2.5	Merja Soria	Tues	9:30-10:10 am	\$66 / \$81
Music for Parent and Me (9/25-10/23)	0088.412	2.5-4	Merja Soria	Tues	10:15-10:55 am	\$66 / \$81
Music for Parent and Me (9/25-10/23)	0088.413	2.5-4	Merja Soria	Tues	4:30-5:10 pm	\$66 / \$81
Music for Parent and me (10/30-12/4)	0088.414	1-2.5	Merja Soria	Tues	9:30-10:10 am	\$66 / \$81
Music for Parent and me (10/30-12/4)	0088.415	2.5-4	Merja Soria	Tues	10:15-10:55 am	\$66 / \$81
Music for Parent and me (10/30-12/4)	0088.416	2.5-4	Merja Soria	Tues	4:30-5:10 pm	\$66 / \$81

*Additional materials fee for the course.

Preschool Ballet and Tap	0110.411	3-5	Carla Perez/Staff	Mon	5-5:30 pm	\$36 / \$44
Preschool Ballet Folklorico	0210.411	1-5	Martha Sanchez	Wed	4:15-4:45 pm	\$40 / \$49*
Preschool Gymnastics	0010.411	3-5	Staff	Wed	10-10:45 am	\$50 / \$63
Preschool Gymnastics	0010.412	3-5	Staff	Wed	11-11:45 am	\$50 / \$63
Preschool Gymnastics	0010.413	3-5	Staff	Wed	5-5:45 pm	\$50 / \$63
Preschool Hip Hop	1920.311	3-5	Carla Perez/Staff	Tues	4:30-5 pm	\$36 / \$44
Preschool Karate	0030.411	3-5	Gary Amen	Thurs	4:15-4:45 pm	\$38 / \$46
Preschool Karate	0030.412	3-5	Gary Amen	Sat	10:45-11:15 am	\$38 / \$46
Preschool Kung Fu	0095.411	3-5	Ivan Lee	Wed	10:15-11 am	\$44 / \$51
Tiny Tots	0090.411	3-5	Staff	Tue/Thur	9-11:50 am	\$120 / \$150
Tiny Tots	0090.412	3-5	Staff	Wed/Fri	9-11:50 am	\$120 / \$150
Wiggly Worms	0220.411	1.6-3	Staff	Thurs	11:15 am-12 pm	\$56 / \$70

DANCE	Code #	Ages	Instructor	Day	Time	Fee
Ballet and Tap	1230.411	5-12	Carla Perez/Staff	Mon	5:30-6:15 pm	\$42 / \$51
Ballet Folklorico - Xochitl	1245.411	6+	Martha Sanchez	Wed	5-5:45 pm	\$40 / \$49
Hip Hop 101	1265.411	6+	Carla Perez/Staff	Tues	5:45-6:30 pm	\$42 / \$51
Jazz/Modern	1900.411	6+	Carla Perez/Staff	Tues	5-5:45 pm	\$42 / \$51
Move-in-Line Prog Line Dancing - Beg	1510.411	13+	Bracken Ellis	Mon	6:30-7:30 pm	\$36 / \$44
Move-in-Line Prog Line Dancing - Impr	1510.412	13+	Bracken Ellis	Mon	7:30-9 pm	\$36 / \$44
Move-in-Line Prog Line Dancing - Intermediate	1510.413	13+	Bracken Ellis	Thurs	7-9 pm	\$36 / \$44
Move-in-Line Prog Line Dancing - Impr & Inter	1510.414	13+	Bracken Ellis	Mon Thurs	7:30-9 pm 7- 9 pm	\$66 / \$81
Salsa/Merengue - Beginners	1730.411	16+	Sarai Martin	Tues	7-7:50 pm	\$51 / \$63
Salsa/Merengue - Intermediate	1730.412	16+	Sarai Martin	Tues	8-8:50 pm	\$51 / \$63
Trad. Polynesian Dance - Beg & Inter	1100.411	5-12	Sandy Valenzuela	Wed	4:30-5:15 pm	\$22 / \$26
Trad. Polynesian Dance - Beg	1100.412	13+	Sandy Valenzuela	Wed	5:30-6:15 pm	\$22 / \$26
Trad. Polynesian Dance - Inter/Adv	1100.413	16+	Sandy Valenzuela	Wed	6:30-7:15 pm	\$22 / \$26

CREATIVE	Code	Ages	Instructor	Day	Time	Fee
3D Creative Art Space	3164.411	6+	Alena Batson	Mon	5-5:50 pm	\$66 / \$81*
Cartoon Toons	3168.411	8+	Alena Batson	Mon	6-6:50 pm	\$66 / \$81*
Colorful Creatures	3162.411	6+	Alena Batson	Mon	4-4:50 pm	\$66 / \$81*
Creative Collages	3010.411	5-8	Staff	Wed	4:30-5:15 pm	\$34 / \$43
Fine Arts Painting - starts 10/8, 6 wks	3155.411	9-16	L. Villasenor-Isabelle	Tues	5 - 6 pm	\$63 / \$77*
Drawing Studio - starts 10/8 for 6 weeks	3155.412	9-16	L. Villasenor-Isabelle	Tues	6:15-7:15 pm	\$63 / \$77*
Gingerbread House Workshop (Dec. 8)	3320.412	6-16	Donna Hlava	Sat	10 am-12 pm	\$16 / \$19*
Gingerbread House Workshop (Dec. 8)	3320.413	6-16	Donna Hlava	Sat	1-3 pm	\$16 / \$19*
Gingerbread House Workshop (Dec. 13)	3320.414	6-16	Donna Hlava	Thurs	4-6 pm	\$16 / \$19*
Gingerbread House Workshop (Dec. 17)	3320.415	6-16	Donna Hlava	Mon	4-6 pm	\$16 / \$19*
Holiday Crafts Workshop (Dec. 1)	3320.411	6-16	Donna Hlava	Sat	12:30-3 pm	\$16 / \$19*
Painting	3085.411	18+	Ofelia Alvarado	Tues	9 am-12pm	\$21 / \$26
Watercolors Class (Register w/ instructor)		18+	(CV Adult School)	Thurs	9 am-12 pm	FREE

ENRICHMENT	Code	Ages	Instructor	Day	Time	Fee
Basic Dog Obedience (9/25-10/23)	3600.411	18+	Sally Cunningham	Tues	6-7:00 pm	\$71 / \$87
Holiday Cookies & Treats Wkshp (Dec 6)	3320.416	6-16	Donna Hlava	Thur	3:30-6 pm	\$16 / \$19*
Holiday Cookies and Treats Wkshp (Dec 19)	3320.417	6-16	Donna Hlava	Wed	3:30-6 pm	\$16 / \$19*
Make, Bake, and Take (6 weeks)	3310.411	5-12	Donna Hlava	Mon	3:30-4:45 pm	\$35 / \$43*
Make, Bake, and Take (6 weeks)	3310.412	5-12	Donna Hlava	Mon	5-6:15 pm	\$35 / \$43*
Make, Bake, and Take (6 weeks)	3310.413	5-12	Donna Hlava	Thurs	3:30-4:45 pm	\$35 / \$43*
Make, Bake, and Take (6 weeks)	3310.414	5-12	Donna Hlava	Thurs	5-6:15 pm	\$35 / \$43*
Make, Bake, and Take (6 weeks)	3310.415	5-12	Donna Hlava	Thurs	6:30-7:45 pm	\$35 / \$43*

*Additional materials fee for the course.

Olé Olé Spanish Class	3090.411	2-3	Connie Vera	Fri	3-4 pm	\$76 / \$94*
Olé Olé Spanish Class	3090.412	5+	Connie Vera	Fri	4-5 pm	\$76 / \$94*
Fall Treats Workshop (Nov 19)	3310.418	6-16	Donna Hlava	Mon	4-6:30 pm	\$16 / \$19*

FITNESS	Code	Ages	Instructor	Day	Time	Fee
A+ Female Self Defense	4113.411	16+	Ivan Lee	Wed/Fri	6 - 7 pm	\$66 / \$81
Aikido	4488.411	6-12	Ivan Lee	Fri	5:45-6:45 pm	\$46 / \$56
"Hoop It Up" Basketball Clinic	4318.411	8-13	Staff	Tues	6-7 pm	\$36 / \$44
Cardio Kids	4220.411	6-13	Staff	Mon	4-4:45 pm	\$39 / \$49
Cardio-Kickboxing - December (2 weeks) Mon & Thurs 6:15-7:15 pm, Sat 8:30-9:30 am	4680.413	18+	Gary Amen	Mon/Thurs/Sat		\$22 / \$26
Cardio-Kickboxing - November Mon & Thurs 6:15-7:15 pm, Sat 8:30-9:30 am	4680.412	18+	Gary Amen	Mon/Thur/Sat		\$34 / \$41
Cardio-Kickboxing - October Mon & Thurs 6:15-7:15 pm, Sat 8:30-9:30 am	4680.411	18+	Gary Amen	Mon/Thur/Sat		\$34 / \$41
Cardio Salsa	4111.411	16+	Sarai Martin	Thurs	6 - 7 pm	\$51 / \$63
Feeling Fit Senior Exercise Program	4110.411	50+	Vicky Velasco	Tue/Thur	2-2:30 pm	FREE
Fighting Fit Mixed Martial Arts (12/1-12/15) Mon 6:15-7:15 pm, Sat 9:30-11:30 am	4680.416	18+	Gary Amen	Mon/Thur		\$26 / \$31
Fighting Fit Mixed Martial Arts - Nov Mon. 6:15-7:15pm, Sat 9:30-11:30 am	4680.415	18+	Gary Amen	Mon/Thur		\$46 / \$56
Fighting Fit Mixed Martial Arts- October Mon. 6:15-7:15pm, Sat 9:30-11:30 am	4680.414	18+	Gary Amen	Mon/Thurs		\$46 / \$56
Golf Lessons for Kids	4030.311	6-12	Staff	Wed	4:30-5:30 pm	\$85 / \$107
Gymnastics I	4105.411	6-14	Staff	Wed	5:45-6:30 pm	\$50 / \$63
Pre-Natal Yoga - December (12/3-12/13)	4020.413	18+	B. Nunez-Rosas	Mon/Thur	10-11 am	\$26 / \$31
Pre-Natal Yoga - November	4020.412	18+	B. Nunez-Rosas	Mon/Thur	10-11 am	\$51 / \$63
Pre-Natal Yoga - October	4020.411	18+	B. Nunez-Rosas	Mon/Thur	10-11 am	\$51 / \$63
Recreational Tae Kwon Do Wed 6:30-7:30 pm, Fri 6-7 pm, Sat 12-1 pm	4831.411	5+	David Russell	Wed/Fri/Sat		\$22 / \$26
Six Pack Abs Fitness Boot Camp Dec (12/4-12/13)	4112.413	18+	Ivan Lee	Mon/Thur	9 - 10 am	\$31 / \$37
Six Pack Abs Fitness Boot Camp - Nov	4112.412	18+	Ivan Lee	Mon/Thur	9-10 am	\$56 / \$69
Six Pack Abs Fitness Boot Camp - Oct	4112.411	18+	Ivan Lee	Mon/Thur	9-10 am	\$56 / \$69
Tang Soo Doo Karate Mon and Thurs 5:15-6:15pm, Sat 9:30-10:30am	4350.411	6+	Gary Amen	Mon/Thur/Sat		\$68 / \$84
Trataka Yoga - December (12/4-12/13)	4010.413	18+	Fernando Rosas	Tues/Thur	7-8 pm	\$24 / \$29
Trataka Yoga - November	4010.412	18+	Fernando Rosas	Tues/Thur	7-8 pm	\$42 / \$52
Trataka Yoga - October	4010.411	18+	Fernando Rosas	Tues/Thur	7-8 pm	\$42 / \$52
Zumba	4222.411	16+	Staff	Wed	7:30 - 8:30 pm	\$36 / \$44

*Additional materials fee for the course.



Satellite Programs

VARIOUS PARKS

www.chulavistaca.gov/rec



Frank Carson, Recreation Supervisor III • (619) 691-5140

For class and program descriptions, turn to page 26

MARISOL PARK 916 Rancho Del Rey Parkway

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Preschool Tennis (Sept 27-Nov 1)	0140.487	3-5	Juan Villanueva	Thurs	9-9:45pm	\$80 / \$99*
Preschool Tennis (Sept 27-Nov 1)	0140.489	3-5	Juan Villanueva	Thurs	10-10:45pm	\$80 / \$99*
High Performance Tennis (Sept 24-Dec 3)	4590.481	5-12	Juan Villanueva	Mon	6:30-7:30 pm	\$96 / \$119*
Turkey Tennis Camp (Nov 22-24)	5568.480	7-15	Juan Villanueva	Thur/Fri/Sat	10 am-1 pm	\$81 / \$100*

MOUNTAIN HAWK PARK 1475 Lake Crest Drive

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Tai Chi in the Park (Sept 27-Dec 6)	4640.481	16+	Ivan Lee	Thurs	9-10 am	\$44 / \$54

PASEO DEL REY PARK 750 Paseo Del Rey

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Archery - Beg (Sept 29-Nov 17)	4230.481	8-17	Tara Robey	Sat	9-9:50 am	\$75 / \$90
Archery - Interm** (Sept 29-Nov 17)	4235.481	8-17	Tara Robey	Sat	10-10:50 am	\$75 / \$90
Archery - Adv** (Sept 29-Nov 17)	4240.482	13+	Tara Robey	Sat	11-11:50 am	\$75 / \$90

**Prerequisite: Successful completion of beginning course and instructor approval.

ROHR PARK 4548 Sweetwater Road, Parking Lot B

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Stroller Stepping (Sept 27 - Dec. 6)	5220.482	0-3	Jennifer Duncan	Thurs	10-11 am	\$49 / \$60
Bocci Ball Fit (Sept 25 - Dec. 6)	4484.484	40+	Walter Buguey	Tues/Thurs	9-11 am	FREE

TERRA NOVA PARK 450 Hidden Vista Drive

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Afterschool Tennis (Aug 13-Sept 17)	5578.383	Grades 1-3	Randy Thomas	Mon	3:30-4:20 pm	\$51 / \$61*
Afterschool Tennis (Aug 14-Sept 11)	5578.387	Grades 4-6	Randy Thomas	Tues	3:30-4:20 pm	\$51 / \$61*
Afterschool Tennis (Oct 1-Oct 29)	5578.481	Grades 1-3	Randy Thomas	Mon	3:30-4:20 pm	\$51 / \$61*
Afterschool Tennis (Oct 2-Oct 30)	5578.485	Grades 4-6	Randy Thomas	Tues	3:30-4:20 pm	\$51 / \$61*
Afterschool Tennis (Nov 12-Dec 10)	5578.483	Grades 1-3	Randy Thomas	Mon	3:30-4:20 pm	\$51 / \$61*
Afterschool Tennis (Nov 13-Dec 11)	5578.487	Grades 4-6	Randy Thomas	Tues	3:30-4:20 pm	\$51 / \$61*
Group Tennis Lessons (Aug 13-Sept 17)	5563.387	Grades 1-3	Randy Thomas	Mon	4:30-5:20 pm	\$76 / \$86*
Group Tennis Lessons (Aug 14-Sept 11)	5563.389	Grades 4-6	Randy Thomas	Tues	4:30-5:20 pm	\$76 / \$86*
Group Tennis Lessons (Oct 1-Oct 29)	5563.483	Grades 1-3	Randy Thomas	Mon	4:30-5:20 pm	\$76 / \$86*
Group Tennis Lessons (Oct 2-Oct 30)	5563.485	Grades 4-6	Randy Thomas	Tues	4:30-5:20 pm	\$76 / \$86*
Group Tennis Lessons (Oct 2-Oct 30)	5563.484	Grades 7-9	Randy Thomas	Tues	5:30-6:20 pm	\$76 / \$86*
Group Tennis Lessons (Nov 12-Dec 10)	5563.487	Grades 1-3	Randy Thomas	Mon	4:30-5:20 pm	\$76 / \$86*
Group Tennis Lessons (Nov 13-Dec 11)	5563.489	Grades 4-6	Randy Thomas	Tues	4:30-5:20 pm	\$76 / \$86*
Group Tennis Lessons (Nov 13-Dec 11)	5563.486	Grades 7-9	Randy Thomas	Tues	5:30-6:20 pm	\$76 / \$86*

*Additional materials fee for the course.

Preschool Classes

DANCE

Morning Ballet

Ballet is the foundation of all styles of dance. This class will help your child develop flexibility, musicality, and coordination. The small class guarantees each child will get individual attention.

(8 students max) (Montevalle)

Ballet

First position, second position and FUN! Learn simple ballet techniques and terminology. Emphasis is on basic motor skills, creative movement and imagination. Class may have an optional outside performance at an extra cost. (Otay, Youth Center, Heritage, Loma Verde, Montevalle, Parkway, Salt Creek)

Ballet and Tap

Learn elementary techniques of ballet and tap to help develop motor skills and creative movement-- combined with imagination and FUN! This course also covers routines, rhythm, coordination and stretching. Class may have an optional outside performance at an extra cost. (Otay, Youth Center, Loma Verde, Montevalle, Parkway, Veterans)

Ballet Folklórico

Learn the basics of this graceful Folklórico dance. Class may have an optional outside performance at an extra cost. (Youth Center, Montevalle, Veterans)

Belly Dancing

Students learn basic belly dancing movements, as well as dancing with veils to prepare for student performance. Hip scarves and veils are required by the second class. (8 weeks) (Loma Verde)

Creative Ballet

This class encourages imagination while teaching fundamentals. Children get to dance with different props and act out different stories to fuel their imagination. There will be a certificate ceremony and dance recital at the last class meeting at Salt Creek. (Salt Creek)

Creative Dance

Learn dance techniques in a fun and different way! Improve coordination, attention span and the ability to express oneself through movement, music and fun. (Heritage)

Dance Combo

Tumbling, jazz, and ballet are combined to build coordination and rhythm in this fun environment. This class is an excellent complement to the preschool ballet and tap class. (8 students max) (Montevalle)

Preschool Hip Hop

This class is designed for the little dancers who want to have fun learning the basic moves of hip hop. Class may have an optional outside performance at an extra cost. (Otay, Heritage, Loma Verde, Montevalle, Parkway, Salt Creek, Veterans)

Tap/Jazz Combo - Broadway Kids

This class focuses on theater dance, and the principals and fundamentals of jazz and tap techniques. There will be a certificate ceremony and dance recital at the last class meeting Salt Creek. (Salt Creek)

Folklórico Mexicano

Fun and festive basic recreational instruction in various regional dances. Emphasis is on developing rhythm and motor skills. (Parkway)

PRESCHOOL

PRESCHOOL ENRICHMENT

Apples to Zebras

Make learning the ABCs fun through games, songs, arts and crafts. Each child will get an alphabet book to take home. (Otay, Loma Verde)

Baby Signs Infantile

Parents learn to sign before they need it to communicate with their families. Taught by an experienced baby signs instructor that helps develop long-term language acquisition. (Parkway)

Baby Signs Toddler

Parents and children learn communication techniques as a precursor to oral communication. This class helps develop a well-formulated vocabulary that will assist in the development of sentence structure. (Parkway)

Creative Hands

Come join your child in a class that will help inspire their imagination with hands-on fun. Children will make a variety of art projects, so dress for mess! Parent participation is required. Materials are included. (Otay, Monteville)

Family Music Class

(For families with two children.) Focus is on singing, movement, rhythmic activities, and ear training. We will practice soft and loud, high and low, up and down. Your children will improve their listening skills, timing and coordination while having fun! (5 weeks) (Veterans)

Infantile Education in Japanese

This program is based on the Japanese language and is taught in Japanese. Participants will learn Hiragana (Japanese) reading and writing, math, rhythmic exercises, musical education, and Japanese culture. (Veterans)

Kindergarten Prep for Success

This class is designed to help prepare children to be successful in kindergarten through modeling, direct instruction, and exposure to literary activities. Focus is on motor skill development, stories, and comprehension activities. Parents will learn how to prepare their child for school. Parent participation is required. \$3 materials fee is due to the instructor on the first day of class. (Veterans)

Learn & Play

Designed for children with more than one interest. Includes arts and crafts, music and movement, language and number development, and sports clinics. Each week, your child will bring home an item showing their accomplishments. Parent participation is encouraged. (Otay)

Little Hands

You and your child will love spending time exploring and creating in this fun, stimulating class. Children create a variety of projects. Expect a mess! Class requires parent participation. Materials are included. (Heritage, Veterans)

Little Picassos

A wonderful introduction to the arts! Children will learn basic painting techniques and colors. Dress for mess--and parents are welcome to join! A \$25 materials fee is due to the instructor on the first day of class. (Monteville)

Me, You, & Fun, Too!

Enjoy quality bonding time with your child, enjoying arts & crafts, stories, circle time, music and movement, and more. (Otay)

Mom (or Dad) & Me

This class develops socialization skills through exposure to other children. The activities will be geared toward parent/child interaction. Parents will also find this class to be a valuable way to share their child-rearing experiences with others. (Parkway)

Music for Parent & Me

This class will help your child enhance his/her social skills, coordination, listening, and motor skills. Participation in music activities also improves learning skills and memory. The music activities include ear training, rhythmic activities, singing, creative movement, rhythm instruments, and much more! This is a 5-week class. (Monteville, Veterans)

Sing, Sign, & Play (Mommy & Me Class)

Come play with your child, while learning American Sign Language. Learn how signing can help you to communicate with your baby before they can talk. Help your child through those frustrating toddler years. Price includes materials. (Monteville)

Tiny Tots

This program is designed to provide stimulating and enjoyable experiences for youngsters during their first steps away from home. We recommend that children who are registered for four days try classes at each center to get exposure to more than one instructor. Parents provide daily snacks. All participants must be completely potty trained. Proof of age is required at the first class meeting. (Loma Verde, Monteville, Parkway, Veterans, Salt Creek)

Tot Fun Hour

Join us for an hour of reading, dancing, singing, crafts, and more. Your child will be exposed to the ABCs and numbers. Enhance your child's social and motor skills! (Heritage)

Wiggly Worms

Let's play together! We'll sing, dance, and shout to try to get our wiggles out. We will have games, obstacle courses, plus music and movement activities. Develop both physical and social skills while having a great time. (Otay, Veterans)



PRESCHOOL FITNESS

Bumble Bee Sports

The 9-week Bumble Bee Sports program is designed to provide an introduction to sports and motor-skills development for little athletes. Includes T-shirt and sports photo. Parents are encouraged to attend. Sports at Heritage will be soccer and basketball. (Otay, Heritage)

Diaper Daredevils

Parents and children explore gymnastics to develop motor skills and hand/eye coordination using gymnastics equipment. Taught by a former Olympian. (Monteville, Parkway)

Family Karate

This new class will teach your child basic karate and self defense--and for an additional \$5 each, mom, dad, and/or older brother may take the class and learn some basic self defense techniques, too! (Up to 3 family members only.) (Monteville, Veterans)

Kreative Wonders

This class builds childrens' perceptual and locomotor skills, and self-esteem. Two 5-week sessions. (Heritage)

Little Dunkers

Learn the basics of dribbling, shooting, defense and passing. Emphasis is on coordination, participation and FUN! (Monteville)

Little Sticks Hockey

Learn the basics of hockey and teamwork. Emphasis is on coordination, participation, and fun! (Veterans)

Little Sports of All Sorts

Get fit and have fun as we introduce your little one to different sports. Each week, we will play a sport through a series of games and activities designed to ensure learning and FUN! All sports promote hand-eye coordination, motor skills, group participation, and communication skills. (Veterans)

Little SportStars

Boys and girls will learn how to play popular sports their favorite stars play, including soccer, baseball, football, and more. Sign up early--space is limited! (8 weeks) (Youth Center, Loma Verde)

Little QBs (Flag Football)

Learn the basics of throwing, kicking, blocking and running with a ball. Emphasis is on coordination, participation and FUN! (Monteville)

Mighty Tykes

Become a mighty tyke and burn lots of energy through interactive games and movements. Preschoolers will learn social and physical skills, while working on gross motor skills such as running and jumping. (Otay)

Mini Basketball

Learn the basics of basketball--including dribbling, shooting, and team play. (8 weeks) (Parkway)



Mini Soccer

Learn the basics of soccer--including dribbling, striking, and team play. This class is indoors, no cleats please. (8 weeks) (Parkway)

Parent & Tot Karate

Have fun learning the basics of karate with your little one. Moves include basic body movement and placement, as well as timing. (Loma Verde)

Pee Wee Sports

Your little one will enjoy this introduction to tee-ball, basketball, soccer and many other sports. Skills and sportsmanship are taught in a fun, non-competitive setting by trained coaches. Indoors only. (8 weeks)

(Parkway)

Preschool Gymnastics

This class emphasizes the development of coordination, balance, flexibility and self-confidence through the introduction of beginning tumbling. (Loma Verde, Monteville, Veterans)

Preschool Karate

Learn the basics of karate, including basic body movement and placement as well as timing. Parent participation is encouraged. (Youth Center, Loma Verde, Monteville, Parkway, Veterans)

Preschool Kung Fu

Experience and learn the art of Kung Fu in a safe, positive environment. Students will develop discipline, confidence, respect, balance, and endurance. (Veterans)

Preschool Tennis

This introductory tennis class is taught in a fun atmosphere. Children learn to play with tennis balls and racquets while increasing their hand-eye coordination and motor skills. This class is offered at Monteville and Marisol Parks. (Monteville, Satellite)

Stroller Stepping

Families socialize while they exercise! Call (619) 691-5140 for more information. Class meets in parking lot B of Rohr Park, 4548 Sweetwater Road. (Satellite)

Super Tots

Warm up, then circuit train on kid-size gymnastics equipment to develop skills, rhythm, strength and flexibility. Taught by a former Olympian. (Monteville, Parkway)

Super Tots II

This class is the second level to the Super Tots class. Taught by a former Olympian. (Monteville)



Dance

Adult Tap Dance

Have some toe-tappin' fun by learning basic steps through intermediate routines. Great cardio exercise, and a great class! Tap shoes are required at the second class meeting. (Parkway)

Ballet

You'll improve your poise as you learn ballet steps, techniques and terminology. This course covers ballet combinations, rhythm, coordination and stretching. Class may have an optional outside performance at an extra cost. (Otay, Youth Center, Heritage, Loma Verde, Monteville, Parkway, Salt Creek)

Ballet & Tap

Girls and boys will enjoy this fun-filled class learning new dancing styles and the latest techniques of ballet and tap. Teaching kids to dance at a young age helps them develop athletic prowess as well as self-confidence. Plus, they'll have a great time! Class may have an optional outside performance at an extra cost. (Youth Center, Monteville, Parkway, Veterans)

Ballet Folklórico

This fun, festive class teaches the basics of Folkloric dance. (Youth Center)

Ballet Folklórico-Xochitl

Instruction is offered in regional dances with emphasis on stage presence, self-confidence and projection. Performances are given throughout the year. Costuming cost not included in the class fee. (Veterans)

Belly Dancing

This ancient and beautiful art form has many movements that are thousands of years old. The class combines movements, veils and finger cymbals with dance. There may be additional material fees. (Youth Center, Heritage, Loma Verde, Monteville, Salt Creek)

Creative Ballet

Teaching the fundamentals of ballet training, this class encourages imagination. Children get to dance with different props and act out different stories to fuel their imagination. There will be a certificate ceremony and dance recital at the last class at Salt Creek. (Salt Creek)

Dance Technique - Folklórico Mexicano

(Girls only.) Structured for intermediate abilities, this class includes skirt movements and stage presentations. (Parkway)

Flamenco

Come dance and have fun while learning the most renowned and beautiful of all Spanish dances. (Monteville)

Hawaiian Dance

Learn the show dances of Hawaii, New Zealand, and Tahiti. Students will learn the history and details of all three regional dances in each class, including Poi Balls from New Zealand and much more. (Youth Center)

Hip Hop

Want to learn basic hip hop or improve your dance skills? You'll dance to great music, meet new people and have a great time! Class may have an optional outside performance at an extra cost. (Youth Center, Loma Verde, Monteville, Parkway, Salt Creek)



Hip Hop 101

Have fun learning different styles of hip hop. Improve your coordination, rhythm, self-esteem, and learn how to choreograph your own dance. (Veterans)

Hip Hop & Step Exercise

Do you want to learn how to step? Or hip hop? Why not learn both! You'll have such a great time, you won't even realize you're getting a great workout at the same time! (Monteville, Salt Creek)

Hula

Learn hula footwork, hand motions, Hawaiian language, translations, & Hawaiian history. There will be a certificate ceremony and dance recital at the last class meeting at Salt Creek. (Salt Creek)

Intro to Hula

Hula with us! Students enjoy island music while learning the basic movements of hula dancing. (Heritage)

Jazz and Hip Hop

Learn basic dance techniques, combinations and terminology. Develop coordination, flexibility, rhythm and performance presence--and have fun! (Heritage, Salt Creek)

Jazz/Modern

Enjoy learning a variety of different basic dance steps to light, upbeat music. Learn the terminology to different dance steps and eventually choreograph your own dance! Develop coordination, rhythm, and self-confidence to turn any movement into a creative dance technique. Let your imagination drive you! (Veterans)

Pointe Ballet Classes

This course will cover beginning/intermediate pointe work and includes bar and center floor. It will also include stretching exercises, terminology and combinations. Class may have an optional outside performance at an extra cost. (Monteville)

Move-in-Line Progressive Line Dancing

Join an exercise class with exciting choreography! There is a variety of musical selections that will keep you asking for more. Bring your friends and neighbors and join in on an activity that is fun and healthy for all ages. (Veterans)

Multicultural Dance

Experience the flavors of other cultures in a fun, versatile way of dancing in harmonious fusion with our American style. (Heritage)

Polynesian Dance

Beginners learn the basics of this graceful, exciting Polynesian dance. More challenging dances and routines will be introduced to intermediate and advanced students, as they learn how to prepare for public performances. Instructor's approval is required for all intermediate and advanced classes. (Loma Verde, Monteville)

**Salsa and Merengue**

Learn basic Salsa and Merengue patterns and combinations. Improve your rhythm and coordination, and come learn these passionate dances. You'll be ready to hit the dance clubs in no time. (Monteville, Veterans)

Tahitian Dance

Learn dances from the Island of Tahiti! Students enjoy island music while learning the basic movements and techniques of Tahitian dance. (Heritage)

Tap Dance

Learn elementary tap techniques to help develop motor learning skills. Emphasis on creative movement combined with imagination and FUN. Class may have an optional outside performance at an extra cost. (Monteville)

Traditional Dance - Folklorico Mexicano

Learn traditional, regional Mexican dances and perform them on stage! Instruction emphasizes stage presence, self-confidence and projection. Performances are given throughout the year. Costuming cost not included in fee. Instruction approval required for Level 2, Intermediate and Advanced classes. (Parkway)

Traditional Polynesian Dance

Aloha! Come dance and have fun while learning the basics of Hawaiian and Tahitian dance. The adult class will enjoy the cardiovascular benefits of "Hularobics". (Veterans)

Turns and Leaps

Are you willing to sacrifice tears & sweat to become an extreme dancer? This is an intermediate dance class. (Salt Creek)

Youth Belly Dancing

Colorful Middle Eastern outfits with lots of sparkles give this belly dancing class an exotic feel. Students will learn rhythm, coordination and stretching. (Youth Center, Heritage, Salt Creek)

Youth Flamenco Dance

Flamenco is one of the most renowned and beautiful of all Spanish dances. Students will develop self-confidence, rhythm, teamwork, poise, stage presentation and preparation for public appearances. Practice items and costume costs are in addition to class fees. (Heritage)

Youth to Adult Belly Dancing

The class will teach you to do beautiful arm movements, shimmies, and coordination, and isolations. Hip scarf's and veils required by second class. (8 weeks) (Loma Verde, Monteville)



PERFORMING ARTS

Performing Arts

Creative Art of Acting

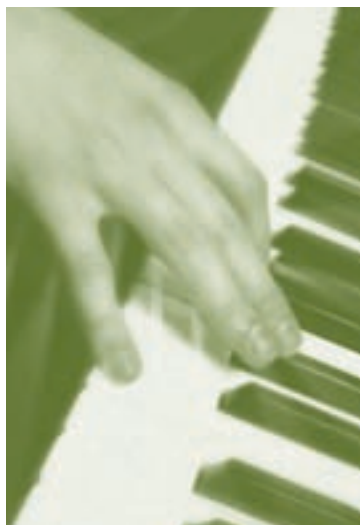
Experience the technical and creative aspects of theatre arts. Aspiring actors of all ages will gain insight into the principles of acting including vocal techniques, character and scene analysis, improvisation and more. (Otay, Montevalle)

Drumming - Beginners

Learn the basics of percussion, taught by an accomplished drummer. No supplies necessary. (Parkway)

Guitar

This class teaches you to finger the guitar, read music, and learn chords and rhythms. Students must provide their own guitar. (Otay)



Harmonica Workshop

Learn to play the harmonica in a one-day workshop from a professional blues/jazz musician. Instructional materials and harmonica are provided-and students to keep them after the workshop! (Parkway)

Keyboard

Is your child the next Elton John? Students learn basic keyboard playing, including note reading, fingering, chords, and rhythm. Students must provide their own keyboards with at least four octaves or 30 keys in length. Fee includes materials. (Heritage)

Little Voices

Do you have a future "American Idol" in your house? This class teaches kids basic vocal techniques like breathing, phrasing, enunciation, etc. And singing helps develop confidence. Fee includes materials. (Heritage)

Mariachi / Rondalla

Learn the basics of singing and guitar in this introductory Mariachi performance class. It's great for beginners to Mariachi music and focuses on creating a solid foundation. No previous musical experience is necessary. Students must provide their own instruments. (Parkway, Salt Creek)



Class Descriptions

Fitness Classes

MARTIAL ARTS

Aikido

Developed from the ancient traditions and skills of the Japanese samurai, Aikido is characterized not only by its philosophy of nonviolence, but also by the nonviolent style of training: physical strength is kept to a minimum, while suppleness, dynamics, flexibility and inner strength are all promoted. (Parkway, Veterans)

Capoeira Mandinga

World-renowned instructor Paulo Batuta teaches Capoeira Mandinga. This martial art form from Brazil involves self-defense, physical strength, dance-like moves, musical instruments, acrobatics, and coordination. (Parkway)

Chula Vista Karate Club

This club offers training in the martial arts of karate in the Ryuei-Ryu discipline. Nationally recognized belts are awarded for those participants who successfully pass the necessary skills for each color. (Parkway)

Fighting Fit Mixed Martial Arts

Mixed Martial Arts class for all students includes boxing, kickboxing, karate, kung fu, and grappling. There will also be advance aerobic and anaerobic conditioning which includes running, jump rope, and strength training. This class will be held indoors and outdoors. (Veterans)

Jiu-jitsu

Get in great shape and learn self defense at the same time. (Salt Creek)

Judo

The ancient martial art of judo provides personal development through precise physical movements and discipline. Develop self defense techniques and strive to perfect individual character. Additional uniform and federation fees are associated with this program. (Youth Center, Salt Creek)

Kajukenbo Karate

Kajukenbo is a realistic approach to learning self defense. Improve balance, self confidence, and build a strong mind and body. (Monteville)

Karate 101

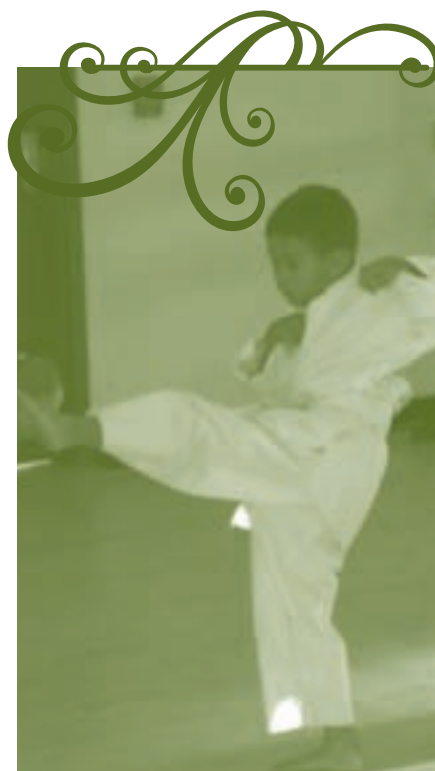
Entry level Karate is taught for students. (Monteville)

Karate-Do

Karate-Do is a great karate level course that teaches confidence, strength, self-control and fortitude. (Salt Creek)

Mixed Martial Arts & Fitness

Freestyle Martial Arts includes jiu-jitsu, muay thai, kung fu, chinese boxing, karate and unique total body weight training, plymetrics. (Heritage, Parkway)



Okinawa-Karate

Traditional Okinawan martial arts called Te and Chinese Kenpo were blended together and developed into karate. This is one of the oldest forms of karate/martial arts still practiced today in its traditional foundation.

(Youth Center, Loma Verde)

Qigong and Tai Chi Exercises

Maintain your body, mind, immune system and health. (Parkway)

Recreational Tae Kwon Do

Learn the fundamentals of Tae Kwon Do through a choreographed sequence of combative and defense movements, controlled sparring, and punching and kicking techniques. Students will also receive instruction in principals such as courtesy, integrity, perseverance, and self-control. (Veterans)

Shito-Ryu Karate

Karate is a great way to stay in shape, relieve stress and gain confidence. (Heritage, Salt Creek)

Tae Kwon Do

During this twice a week class, participants gain long-term self defense skills, earning traditional Tae Kwon Do belts. Tae Kwon Do is the Korean form of karate. (monthly) (Youth Center)

Tai Chi in the Park

Calm your mind, lift your spirits, and strengthen your body through the basics of Chinese internal and martial arts. (Satellite)

Tang Soo Doo - Karate

"TANG SOO DOO" means the Korean classical martial art which was influenced by the Tang method of martial art. (Veterans)

Turbo Kickboxing

Turbo kickboxing is the hottest kickboxing class around!! You'll kick, punch, and groove the calories away in this action-packed, super fun, safe and effective cardiovascular workout. (Loma Verde)

Adult Boot Camp

A little less intimidating, but equally as challenging as the real thing, this boot camp is meant more for fun and fitness than bullying and belittling. Cardio activities include jumping rope, stepping, and hill climbing. Each participant will receive an individualized personal fitness plan. Get in shape this summer with a professional personal trainer! (Youth Center)

Aerobic Combo

Combine, kickboxing, high and low-impact aerobics, and/or body sculpting into one total body workout. Learn how to properly use equipment while performing each exercise in order to achieve individualized training and motivation. (Heritage)

Capoeira Brasil

Capoeira is much more than a just a martial art - it is an art form in itself. With origins rooted in the African slave history of Brazil, it provides a unique cultural experience that is expressed in the physical and spiritual space of the roda. Combining elements of martial arts, dance, acrobatics, and music, Capoeira offers a fun, challenging, and meaningful way to achieve a healthier body and balanced mind. (Otay)

Cardio Ab Workout

This low impact cardiovascular workout combines traditional martial arts movements with full body stretching. Emphasis is on upper and lower abdominals. Participants need to bring a towel or mat. (Parkway)

Cardio Dance

This non-stop 50 minute workout has the best hip-hop, reggae and dance music. (Monteville)

Cardio Salsa

This fat burning all-cardio class utilizes salsa, Meringue, Cha Cha, and more to give you a great workout while learning basic Latin dance moves. (Veterans)

Cardio Kickboxing

Kick it into high gear! You'll get into shape using non-contact skills and drills. You'll learn body position, footwork, punching techniques and basic kickboxing fundamentals--and you'll work on conditioning and building cardio-vascular and muscle strength. This class will be held indoors and outdoors. (Monteville, Veterans)

Cardio Kids

Kids will learn the importance of exercise and good eating habits for a healthy lifestyle. We will begin with a warm-up and light stretching, then get our hearts pumping with

20 minutes of cardio conditioning. We will then go on to build stronger bodies with safe and effective weight resistance exercises and proper stretching techniques. At the end of each class, participants will be given nutritional tips and a quote of the day to help promote a positive attitude to live by. (Veterans)

PHYSICAL FITNESS

A+ Female Self Defense

Effective women's self defense--it's realistic, direct, and simple, using Wing Chuan, Muay Thai, Jiu-jitsu, and Chinese Boxing. (Salt Creek)

Abs, Thighs, and Buns

This class hits that hard-to-tone trouble zone with a progressive targeted system of exercises that will give your body the workout it needs. (Monteville)

Adaptive Fitness

This morning circuit workout program is designed for teens and adults with physical challenges. The workout will be fun, yet challenging and will include strength training, toning, and cardiovascular work. Registration required. (12 weeks) (Otay)



Feeling Fit Senior Exercise Program

Senior strength training, balance, and flexibility exercises are designed for all abilities. Register with instructor. (Veterans)

Morning Cardio Kickboxing

Get back into shape in an hour-long class that will help you to get a total body workout. (Take Cardio Kickboxing and Step

& Sculpt for \$31/month.) (Monteville)

Morning Circuit

Designed for beginners, this 12-week, 3-step progression of workout routines will build your fitness capacity as well as your cardiovascular and muscle strength. Includes body fat analysis, measurements, and a before and after photo. Work in a group for motivation and support. Fee includes fitness center membership. (Otay)

Otay Fitness Center

The Otay Fitness Center offers a variety of state-of-the-art equipment to meet specific fitness goals. Register for the Otay Fitness Center classes at the Otay Recreation Center. Quarterly Memberships:

- | | |
|----------------------|----------------------|
| 1. Jan 1 - Mar. 31 | 2. April 1 - June 30 |
| 3. July 1 - Sept. 30 | 4. Oct 1 - Dec. 31 |

Parkway Strength Training Step Aerobics

This is a unique opportunity to blend an all-over body shaping and strengthening workout using weights, yoga and body building techniques. Step aerobics are added for a low impact cardiovascular workout. You will also get the attention and expertise of a personal trainer. (Parkway)

Power Yoga

This class combines the elements of strength, balance, composure and flexibility to provide a "sweaty, aerobic form of yoga." This process produces intense internal heat and profuse-purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind. (Salt Creek)

Prenatal Yoga

Prenatal yoga prepares moms to be physically and emotionally ready for childbirth by targeting specific body areas and muscles-gently stretching, toning and strengthening. Breathing techniques are used for relaxation and releasing stress. All participants need a doctor's clearance to participate. (Veterans)

Salt Creek Fitness Center

The fitness center offers an array of Nautilus equipment along with free weights and fitness specialists on hand. Participation is by membership only. (Salt Creek)

Six Pack Abs Fitness Boot Camp

This is a unique whole body fat loss program. Includes body weight, circuit training, ply metrics, kickboxing, and stair running. Class will be held indoors and outdoors. (Veterans)

Step & Sculpt

This fun and high energy class combines easy to follow step aerobics with strength conditioning using resistance bands. Perfect to slim and tone all over! Appropriate for all levels. (Take Cardio Kickboxing and Step & Sculpt for \$31/month.) (Monteville)

Stroller Stepping

Families socialize while they exercise! Call (619) 691-5140 for more information. Class meets in parking lot B of Rohr Park, 4548 Sweetwater Road. (Satellite)

Trataka Yoga

Lengthen and tone your muscles with this mat work class. Students will sculpt long, lean muscles, and improve overall flexibility. (Veterans)

Turbo Kick

Turbokick your way to excellent cardiovascular health! This beginner's Turbokick class offers an intensifying and challenging workout while learning proper punching and kicking techniques along with great form. For classes at the Woman's Club call (619) 691 - 5083 for more information. (Loma Verde, Parkway)

Yoga

Yoga builds a strong foundation for self assurance, clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements. (Monteville, Salt Creek)

Yoga - Lunch Hour

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements. (Parkway)

Youth/Teen Fitness

The main goal of this 8-week program is to give youths of all fitness levels the benefits of physical fitness. Participants will develop confidence, self-esteem, social skills, athletic skills and improve overall health. Includes limited use of the Fitness Center. (Otay)

Zumba

Dance your way to a fitter you! Zumba is a fusion of Latin and international music creating a party-like atmosphere with routines featuring aerobics/fitness, with a combination of fast and slow movements. (Loma Verde, Veterans)

SPORTS

Adult Beginning Tennis

Beginning tennis for adults at Salt Creek Park. For more information, please call (619) 585-5739. (Salt Creek)

Adult Tennis Lessons

This adult course is offered at Monteville Park. For more information, please call (619) 409-5875. (Monteville)



After School Tennis Lessons

These classes are offered after school and are meant for the beginning tennis player. Sessions are five weeks and a tennis racquet is required to participate. A maximum of 10 participants is allowed in the program. Call (619) 409-5875 for more information. All classes meet one day a week for five weeks. (Satellite, Monteville)

Archery

Take aim and learn the family-friendly sport of archery. An instructor certified by the National Archery Association provides basic instruction. Equipment is provided. Class will be held at Paseo Del Rey Park, 750 Paseo Del Rey. (Satellite)

Basketball 101

These introductory classes are like mini camps. Staff will teach the basics of basketball and encourage good sportsmanship, while everyone has fun. This class will give participants a good jump toward advancement in organized team basketball. (Youth Center, Monteville, Parkway)

Bocci Ball Fit ★

Learn and play bocci ball--and make your way around Chula Vista's largest park. Meet next to Rohr Manor and Parking Lot B at Rohr Park. (Satellite)

Cheerleading Workshop

Learn the fundamentals of cheerleading, including simple cheers and stunts. (Salt Creek)

Emerging Athletes Program

This class is designed to provide an introduction to various sports. Basketball will be featured this session. (Heritage)

Fall Tennis Camp

Bring a racquet, three tennis balls, a snack and water (required). Taught by tennis pro Juan Villanueva. (Salt Creek)

GOAL Soccer Clinic

This program is designed to help children master basic and/or advanced soccer skills. Emphasis is placed on dribbling, feinting, shielding, passing, and shooting. All participants must have cleats, shin guards, and size 4 soccer ball (5-11 yrs old), or size 5 soccer ball (12 yrs old). (Heritage)

Golf - Beginning

Introductory classes teach the basic fundamentals of the golf swing and skills required on the putting green. It's recommended that participants provide their own golf clubs but it is not required. (Salt Creek)

Golf Lessons for Kids

Specialized instruction covers all the fundamentals of the full swing while emphasizing the importance of chipping and putting, golf rules, and proper etiquette at the same time. The last class will be held at a local 9-hole Golf Course. The instructor is the men's and women's varsity golf coach at La Jolla High School. (Veterans)

Group Tennis Lessons

Maximum of four students per group. Students must bring their own tennis racquet. These lessons are meant for the beginner and intermediate levels. Call (619) 409-5875 for more information. Each session is for five weeks. (Monteville, Satellite)

Gymnastics I

Classes are designed to build a strong skill foundation in order to ensure that students will progress at a consistent rate while building self-confidence and coordination. The major emphasis is on floor tumbling. NOTE: Successful completion of Preschool Tumbling or approval of instructor is required for those under 6 years of age. (Loma Verde, Monteville, Veterans)

Gymnastics II & III

Gymnastics II students must be proficient in backward rolls, backbends, handstands, cartwheels, backbends from standing position, and bridge kickovers. Gymnastics III students must be proficient in backward rolls, backbends, handstands, cartwheels, backbends from standing position, bridge kickovers, and pullovers on the bar. (Loma Verde, Monteville)

Boys Gymnastics (All Levels)

(See write-ups for Gymnastics I, II, III.) (Loma Verde)

High Performance Tennis Team

This class is for kids who want to develop their tennis skills to play at tournament level. Emphasis is on appropriate grips, footwork, and simple tactics. Students start to play novice then satellite tournaments. (Salt Creek, Satellite)

"Hoop It Up" Basketball Clinic

This program is for players to develop their skill and to gain a true love for the game. Ball handling techniques, passing, dribbling, shooting, teamwork, and basic concepts of team strategy are covered with emphasis on sportsmanship. (Veterans)

Intro to Sports

In this introduction to sports class students will have fun while learning how to play a variety of different sports. They will learn the basic skills, as well as how to play as a team. Fun will be had by all. Learn a new sport each week. (Monteville)

Rhythmic Gymnastics

This introduction to Rhythmic Gymnastics teaches body alignment, coordination, rhythm, grace, elegance, creativity, musicality and self-expression. Classes include elementary choreography, dancing with ball and ribbon, stretching and musical accomplishment. The instructor is a former Russian Olympic coach and gymnast. Class content is changed each session. Clothing requirement: black leotard, black lycra pants and ballet shoes. (Salt Creek)

Table Tennis / Ping Pong

Parents must register and accompany child if child is under 8 years of age. (Salt Creek)

Turkey Tennis Camp

This tennis camp is during the Thanksgiving break on Thursday, Friday and Saturday. A can of three balls and a tennis racquet is required to participate. Taught by tennis pro Juan Villanueva at Marisol Park, 916 Rancho Del Rey Parkway. Call 691-5140 for more information. (Satellite)



Creative Classes

ARTS & CRAFTS

3D Creative Art Space

Independence and creativity abound in this class--designed for your young artist. Children will explore and create with varied media in an environment that encourages self-expression and artistic development.

A \$20 supply fee to be paid to the instructor at the beginning of the session. (Veterans)

Adult Watercolor

Beginning and intermediate students. Basic supplies can be purchased in class or can be brought in from home. Chula Vista Adult School Class. Register with the instructor. FREE (Veterans)

Art Studio

Classes are designed to introduce artists, art history and contemporary art through hands-on projects. (Salt Creek)

Art-Tastic

Students will learn drawing, painting, and so much more in this Art-Tastic class. Art supplies will be provided. (Youth Center)

Artistic Adventures

This class is for students who have an interest in art and would like to explore a variety of colorful, dry art materials such as charcoal, colored pencils, and pastels. Learn painting, sketching, blending and shading techniques. All materials are supplied. (Parkway)



Ballooning

The beginning class teaches the basics to using ballooning equipment.

Participants will learn how to make four to five sculptures. The advanced beginning class teaches more complex sculptures and requires completion of the beginning course or instructor permission. Both classes require a \$10 material fee payable to the instructor on the first day of the course.

(Parkway)

Calligraphy in One Day

Learn Calligraphy/Italic handwriting in one day by masters trained by art schools in New York City. Please bring \$15 cash to class for required materials. (Parkway)

Candle Making For Kids

This introductory course will teach your child a variety of methods for creating candles as well as custom votive/candle holders. Material fee of \$20 will be collected at the first class. (Monteville)



Drawing in Pencil & Pastel

Learn basic and advanced techniques of drawing portraits from photographs that students bring to class and other drawing features. Get an early start on Christmas presents! Bring a sketchbook to class, the rest of the materials are provided. (Parkway)

Drawing for Kids

Kids will develop a sense of observation in this beginning drawing class. (Heritage)

Drawing Plus!

This course starts with several weeks of basic drawing - people, animals, places and plants using crayons, oil pastels, markers and pencils, etc. We'll then add in painting techniques to create some nifty images worthy of the finest refrigerator or wall. An "art shirt" is advisable to protect clothing. \$7 Material fee to be paid to the instructor. (Monteville)

"Drawing Studio"

Starts October 8. Students will learn drawing techniques as they are motivated by a professional artist to develop their own style. This course was designed to include a variety of materials (graphite pencil, charcoal, pastels, etc.) that will vary in each session throughout the year. \$35 materials fee is to be paid to instructor on the first day of class--includes all materials and one frame, frame styles may vary. (6 weeks) (Heritage, Veterans)

Cartooning

Get the inside story on the art of cartooning. Practice drawing people and animals from head to toe (or paw). Experiment with humor and action. Sharpen your storytelling skills while creating original comic strips starring your own characters. (Monteville)

Cartoon Toons

Looking for something for a young cartoonist? Create caricatures showing emotions, cartoon characters from animals and objects, design figures, show action in cartoons, learn how to make your characters cute or ugly, and master drawing monsters. A \$10 supply fee must be paid to the instructor at the beginning of the session. (Veterans)

Ceramics

This introductory class is designed to teach students the basics of working with ceramics. Molds and a kiln are available. Students supply all other materials. (Loma Verde)

Clay Plus!

Make critters, puppets, animals and constructions out of lots of clay, wire, cardboard, plaster, glue, sticks, etc. Wonderfully messy! Great fun! Bring an apron or "art shirt." \$7 Material fee to be paid to the instructor. (8 weeks) (Monteville)

Colorful Creatures

Meet colorful birds, fish, mammals, and amphibians--and make your own colorful animal-themed wearable art. Course covers seven possible media. The choice of media used depends upon the age and skill level of student. A \$10 supply fee to be paid to the instructor at the beginning of the session. (Veterans)

Creative Collages

Students will make collages with a variety of materials from stained glass and tile, to beads, shells, buttons, marbles, food, and more. (Veterans)

Gingerbread House Workshop

Decorate a beautiful home baked gingerbread house with over 40 toppings to choose from. There will be an additional supply fee of \$20 due to the instructor at the beginning of the workshop. (Veterans, Monteville)

Fabric Fun

Develop and strengthen creative skills, build self esteem, develop a sense of self importance and individuality, encourage self expressions and stimulate imagination in children through the arts. A \$20 supply fee to be paid to the instructor at the beginning of the session. (Veterans)

Fall Crafts Workshop

Make decorations and gifts for the upcoming fall season. Come dressed to paint! \$20 supply fee due to the instructor on the first day of class. (Monteville)



Fall Treats Workshop

Make some yummy desserts and treats for the upcoming holiday to share with family and friends. There will be an additional supply fee of \$20 due to the instructor at the beginning of the workshop. (Veterans, Monteville)

Fine Arts Painting

Starts October 8. With the direction and motivation of professional artist/art teacher, your child will create beautiful, ready-to-hang masterpieces. Teacher inspires students to bring out their hidden talent. Creates confidence, drive and the feeling of accomplishment. \$35 materials fee to be paid to instructor on the first day of class--includes all materials and one frame; frame styles may vary. (6 weeks) (Heritage, Veterans)

Holiday Crafts Workshop

Make decorations and gifts for the upcoming holidays. Come dressed to paint! Additional supplies fee of \$20 due to the instructor at the beginning of the workshop. (Monteville, Veterans)

Into to Clay

Learn the basic techniques in clay using a variety of methods. Materials fee of \$5 (children) and \$15 (adults) will be paid to instructor on the first day of class. (Heritage)

Knitting 101

Learn all of the basics of knitting, including everything necessary to begin and complete a project, as well as how to read patterns. An \$10 materials fee is required payable to the instructor on the first day of the class. (Parkway)

Painting

This course is designed to teach students basic and intermediate techniques in painting. Experience different mediums and styles and learn about color mixing, composition, and design. (Veterans)

Painting for Children

Your children will learn the basic and intermediate techniques in painting, and will have the opportunity to experience with different styles and develop their own. A materials fee of \$25 is to be paid to the instructor on the first day of class. 8 weeks. (Monteville)

Paper Crafts and Scrapbooking!

Learn techniques and ideas to complete cards, scrapbook pages and other paper crafts. Specific focus on embellishments and accessories. (Salt Creek)

Ready, Set, Knit, & Crochet

Learn the basic techniques of knitting and crocheting. This class is for beginners and intermediates. Choose your own projects from flower pins, belts, scarves, blankets, and more. (Heritage)

Scrapbooking

Learn scrapbooking for real people. Use all the scrapbooking tools while getting personal instruction. At the end of the three sessions, you will be able to create an entire album, have all of your photos completely organized, or complete a full set of borders. For the first session, bring one package of 25 photos. All supplies can be purchased through the instructor. (Heritage)

Scrapbooking for Kids!

Participants will assemble their very own scrapbook! This is a six week course, focusing on the completion of 12, 6x6 layouts. At the end of the session, participants will have completed one complete 6x6 scrapbook album. Participants must bring their own ACID-FREE adhesive to class or they can purchase it through the instructor. (Monteville)

Scrapbooking for Adults

The perfect scrapbooking workshop for all those adorable pictures! This is a workshop for beginner or intermediate scrapbookers. You will learn how to incorporate such three dimensional elements as: ribbon, brads, eyelets, and prisma glitter to your layouts. Additional coordinating materials can be purchased through the instructor. Participants must bring their own ACID-FREE adhesive and scissors. (5 weeks) (Monteville)

Totally Art!

Totally fun! Using many types of media, you'll create art projects like banners and books, cards and creatures, constructions, collage, montage and masks in this course of exploration. Dress for mess! (Heritage)



Enrichment Classes

Babysitter's Training Certification

This American Red Cross certification course has been reviewed and is supported by the U.S. Consumer Product Safety Commission. Includes a certificate, babysitter's handbook, and a pin. This training will help develop skills in leadership, professionalism, basic care, safety and first aid. For more information, call (619) 691-5276. (Youth Center)

Build Your Own Cook Book

Enjoy hands-on, staff-directed cooking class where your Jr. Chef prepares healthy childhood favorites. (Salt Creek)

Dog Obedience

Owners and their leashed canine friends will learn basic training commands. All dogs must be current on shots and be at least four months old. (Monteville, Veterans)

Etiquette & Social Skills for Children

Etiquette is more than saying "please" and "thank you." It's an essential life skill that increases self-esteem and allows children to feel confident in any kind of social situation. This 6-hour course includes: first Impressions, speaking and listening skills, table setting, table manners, body language and poise, phone manners, and thank you cards. (Heritage)

Holiday Cookies and Treats Workshop

Make some yummy desserts and treats for the upcoming holiday to share with family and friends. An additional supply fee of \$20 is due to the instructor at the beginning of the workshop. (Monteville, Veterans)

Little Chefs

Kids learn kitchen safety, basic nutrition, and how to make easy recipes themselves (with a little help from Mom or Dad.) (Loma Verde)

Make, Bake, and Take

Students learn the basic fundamentals of nutrition, table manners, and cooking. Prepare a variety of recipes, and come away with a recipe book of items they helped make. A supply fee of \$15 is due to the instructor the first day of class. (6 weeks) (Otay, Monteville, Veterans)

Olé Olé Spanish Class

Learn basic communication skills using games, activities, drama, art, and song. A \$25 materials fee is to be paid to the instructor at the first class. A take-home book is included. (Veterans)

Redirecting Children's Behavior

This very popular workshop has arrived in eastern Chula Vista. Participants to learn how to resolve conflicts without power struggles, understand and redirect your child's behavior and keep respect, stay connected while disciplining. Come receive 100+ parenting tools and learn to grow with other parents. Supply fee of \$10 due on the first day of class. (5 weeks) (Monteville)

Modeling 101

Teens will be introduced to the world of modeling, including runway, make-up artistry, poise, etiquette, personal development, and camera technique. Each student will get a binder with all the necessary information. Students will also get their own headshot photo. A materials fee of \$25 will be due to the instructor on the first day. (Monteville)

Modeling 102

This is a follow up to the 101 class. Teens will learn interview skills, polish their walking and posing techniques, as well as learn advanced makeup and etiquette. A materials fee of \$25 will be due to the instructor. (Monteville)



Norman Park

CENTER

www.chulavistaca.gov/rec

Kathy Wigginton, Recreation Supervisor III

270 F Street (619) 691-5086

• Monday - Wednesday: 8 am - 9 pm • Thursday: 8 am - 9:30 pm • Friday:
8 am - 4 pm • Saturday & Sunday: Closed

Classes and special interest groups include singing, yoga, creative writing, coin collecting, Tai Chi, watercolor painting, world affairs, casual crafters, drawing, longevity stick, conversational Spanish, Chinese, AARP Driver Safety Program and bridge. Dancers, from beginners to advanced, will enjoy line, square, round and ballroom dancing. To make it easy to join in, many classes have open enrollment and do not require advance registration. For complete program information, visit www.chulavistaca.gov/rec or www.lifeoptionssouthbay.com and visit the Recreation Page.

Fitness Center

Norman Park has treadmills, elliptical trainers, stationary bikes, strength equipment, and weights. Some equipment is wheelchair accessible. Certified trainers staff the facility and will help you reach your fitness goals. Orientation required-by appointment only. Quarterly Membership: \$28 Resident / \$56 Non-resident. Hours: Mon/Wed/Fri 9 am-12:30 pm; Tues/Thurs 8-11:30 am; Mon-Thurs 5-7 pm & Sat 8:30-11 am 4100.471 October - December

Newcomer Orientation & Volunteer Opportunities

Newcomer orientation takes place on the first Thursday of each month at 11am. The Senior Program also has numerous opportunities for volunteers to work with staff to develop and oversee programs and services. A great opportunity! Please call Kathy Wigginton at (619) 691-5086 or (619) 409-5890.

Life Options Annex

www.lifeoptionssouthbay.com • (619) 691-9774

Hours: Mon/Tues/Thurs, 9 am-3 pm

People age 50+ can learn about how to get involved in the community, education, recreation, health, and employment possibilities. This "one stop shop" provides people nearing or in retirement with information and referrals. Get the most out of retirement!

Life Options Presents: Live Long, Live Well

This series of informational and entertaining programs designed to inspire and inform mature adults about the opportunities and challenges throughout life after 50. Presentations will be held at the Chula Vista Civic Library.

One Saturday/month, 10:30 am-12:30 pm

Vial of Life

The vial is a magnetized container that adheres to the refrigerator door and holds personal medical information. It can conveniently be given to emergency medical personnel or taken to the doctor.

Adult Education (Sept 5 - Dec 21)

Southwestern College (SWC) Exercise Classes are ongoing.

- **Watercolors** (Free) Mon, 9 am
- **Exercise** (Free) Mon-Thurs, 8 am
- **Yoga** (Free) Fri, 8 am & Wed, 7:15 pm
- **Yoga** (\$25/semester) Thurs, 5 pm & 7:15 pm
- **Strength Training** Wed, 6 pm (\$1/class)
- **Home Safety For Older Adults (SWC)**

Learn ways to make your home safer and more secure. Free, registration required.

Mon, Sept 17 (English) 9:30 am-1:30 pm
Mon, Sept 24 (Spanish) 9:30 am-1:30 pm

Are You OK?

Promotes independent living by reassuring participants with a regularly-scheduled daily check up call.

Info, Referral & Social Services

Norman Park provides numerous services for seniors and their families through community agencies and trained volunteers. Extensive resources and references include notary, support for the vision impaired, legal services, shared housing, Meals on Wheels, health insurance counseling and support. Staff is available to answer your questions from 10 - 11:30 am, Mon - Fri. Call (619) 691-5087.

Need help filling out your homeowners or renters rebate form?

Let our volunteers help you save money if you are 62 years old, blind or disabled and your household income is \$40,811 or less or under \$74,200 for two persons. Volunteers are available to assist you through October 15. Call 619-691-5086 for an appointment.

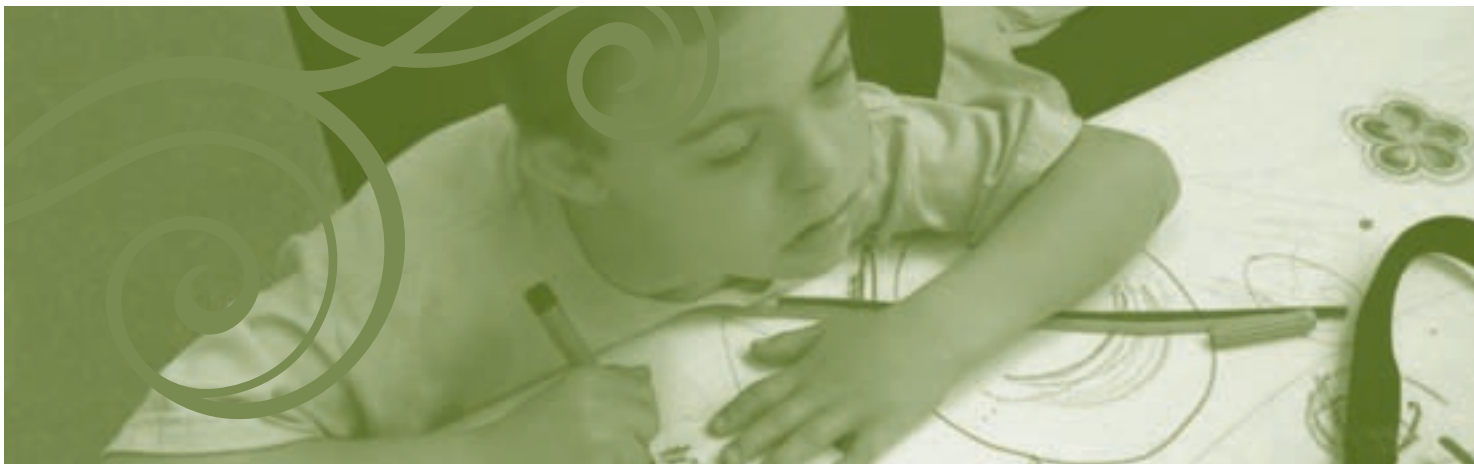
Senior Net Computer Learning Center

Learn basic computer skills including surfing the Internet, sending email and word processing--and more advanced classes that include the computer with digital cameras. Annual membership fee: \$40 (includes SeniorNet.org benefits) Fee: \$22 Resident / \$28 Nonresident

The Learning Center is always looking for volunteers!

Mark your calendar!

- Health Talk - Prostate Cancer: Monday, Sept 10 at 10 am
- Birthday Party: Thursday, Oct 25 at 1 pm
- CV Senior Club 46th Anniversary Party Thursday, Nov 8 at 1pm (Purchase ticket in advance)
- Intergenerational Games (Register to Volunteer!) Wednesday, Nov 14 from 9:30 am - 1 pm



Therapeutics

Carmel Wilson C.T.R.S., Recreation Supervisor II
(619) 409-5800 • 373 Park Way

www.chulavistaca.gov/rec

Optional - Annual Membership (Sept 07 - Aug 08)

Fee: \$44 Residents / \$56 Nonresidents
Includes a T-shirt, ID card and discounted admission to dances, field trips, classes and programs. Mail fee to:
City of Chula Vista Recreation Department, Therapeutics
276 Fourth Avenue, Chula Vista, CA 91910

Kids Included Together (KIT)

The Recreation Department has been awarded Alumni Status for the year. This grant continues to provide Inclusion Aide assistance for children with disabilities.

Splash & Groove

Join us for an exciting night for the entire family! Swimming, prizes, music and food to celebrate the end of summer. Proceeds benefit the Therapeutics Section. At Parkway Pool.
Fee: \$6 Adults / \$3 Ages 6-17 / FREE for Ages 5 and under
Friday, Sept. 14 7-9 pm

Halloween Dance

Oct. 27, 7-9 pm at Norman Park Center

Holiday Dance

Dec. 15, 7-9 pm (Members Free / \$6 Res / \$7 Non-Res)

Twilight Matinee Ages 6-Adult

Bring the family and we'll watch a movie, eat popcorn, meet new friends and have fun! At Woman's Club
Thursdays, Sept. 13, 27 and Oct. 11, 25 6-8 pm

Basketball One on One Ages 6-Adult

Learn the basics--ball handling, dribbling, passing, shooting and team play. At Parkway Center.
Tuesdays, Sept. 11, 25 and Oct. 9, 23 6-7 pm

Cooking Class Ages 6-Adult

Our newly-structured healthy cooking class focuses on table setting, food preparation, nutrition and clean up. Call to register.
Member \$2 / Res \$4 / Non-Res \$6 At Parkway Center.
Sept. 15, 29 and Oct. 13, 27 11 am-1 pm

Free Style Dance Class Ages 6-Adult

Learn basic hip-hop steps, line dances and moves to your favorite hits. It's a fun way to exercise, too! For those with developmental disabilities. Pre-registration is recommended. (8 weeks) Fee:
Member \$22 / Resident \$27 / Non-Resident \$33
Wednesdays, Sept. 5-Oct. 24, 6-7 pm Parkway Center

Bicycle Rodeo Ages 6-Adult

Come join the FREE fun! For those with special needs. Refreshments, bike/helmet safety, bike repairs, riding tips, and an obstacle course. At Greg Rogers School parking lot.
Saturday, Sept. 15 11 am - 1 pm

Wheely Sports Ages 6-17

For the active, sports-minded individual with permanent physical disabilities. (3 times/month). FREE! Register (619) 409-5800.
Wednesdays 4:30-6:30 pm Otay Rec Center

Sunday Leisure Bowling Ages 6 - Adult

Active people with developmental or physical disabilities can enjoy two games of bowling, and a final awards party.
Member \$24 / Res \$28 / Non-Res \$34 (plus \$6 weekly fee)
Sept. 23-Dec 2 Brunswick Lanes, 845 Lazo Court

Adaptive Fitness Ages 16+

This morning circuit workout program is for those with physical disabilities. Includes strength training, toning and cardio work.
Cost incl. Otay gym membership: Res \$47 / Non-Res \$57
Mon/Wed/Fri 9:30-11 am Otay Rec Center

"Futures" Wheelchair Sports Program Ages 4-8

Children with permanent physical disabilities can learn basic ball handling, improve wheelchair maneuvering, enhance upper body strength, and have fun! A mini tournament will be held at the end of the season. (In partnership with the San Diego Adaptive Sports Foundation.) Fee: \$10/month. For more info or to enroll, call (619) 962-9229.

Sept. 22 9 - 11 am Parkway Center

Family Mentor Program

Education, support, and hope in a caring, warm environment for families new to the autism diagnosis. (In collaboration with Autism Tree Foundation & Scripps Well Being) To register, call (619) 409-5800. Scripps Well Being Center, 311 Del Mar Ave.
Sept. 18, 5:15-6:15 pm and Oct. 12, 12:30-1:30 pm

Handcycling (Introduction) Ages 7-14

Children with physical disabilities learn an adaptive outdoor sport and increase strength and endurance. The Greg Rogers PTA will pay for students. (5 weeks) Res \$17 / Non-Res \$21
Greg Rogers Elementary School, 510 E. Naples
Tuesdays, Oct. 16 - Nov. 13 3:30-5:30 pm

Aerobics 101 Ages 6-Adult

Stretching, strength training, toning, and aerobic moves and steps for those with developmental disabilities. At Parkway Center.
Daily Fee: Member \$2 / Res \$5 / Non-Res \$10
Tuesdays, 6-7pm Sept. 4, 18, Oct. 16, 30

Nature In Your City Ages 12+ (Taught by a Naturalist)

Discover the plants, animals, weather and insects in your own neighborhood! (5 weeks) Member \$2 / Res \$4 / Non-Res \$6
Mondays, Sept. 10 - Oct. 8; 4:30-5:30 pm Memorial Park



After School Programs

MIDDLE SCHOOL

Rosemary Brodbeck, Recreation Supervisor II, (619) 691-5052

Club TC (Teen Connection), After School Program

The Recreation Department, in conjunction with the Sweetwater Union High School District, is conducting after school programs at six middle schools in the city. Enjoy sports, crafts, homework help, games, special events, field trips, classes and more! FREE!

Bonita Vista Middle School		
Mon-Thurs	3:10-5:10 pm	Fri 12:50-2:50 pm
Chula Vista Middle School		
Mon-Thurs	3:10-6:10 pm	Fri 12-6:15 pm
Castle Park Middle School		
Mon-Thurs	3:15-6:15 pm	Fri 12-4 pm
Eastlake Middle School		
Mon-Thurs	3:15-5:15 pm	Fri 12:51-2:51 pm
Hilltop Middle School		
Mon-Thurs	3:15-6:15 pm	Fri 12-6:15 pm
Rancho Del Rey Middle School		
Mon-Fri	2:40-4:40 pm	Fri 12:15-2:15 pm

Flag Football Program Boys/Girls, grades 7-8

Brush up on your passing, punting, kicking catching--and learn the importance of sportsmanship. Practices will be held during the after school program at individual sites. Participants must be at the first 45 minutes of the after school program before practice. Fee: \$15

League begins Saturday, Sept 22.

Cheer / Hip-Hop Team

Learn the fundamentals of hip-hop and cheer, and be in the annual Starlight Parade. Register at all middle school after school sites. Participants must be at the first 45 minutes of the after school program before practice. Register with Recreation staff. Fee: \$15

Mobile Recreation Program: REC 'N ROLL Grades K-8

Our 'community center on wheels' is equipped with running water, a stereo, tables and chairs, an awning, and cabinets overflowing with basketballs, soccer balls, board games, craft supplies and more! For more info, call (619) 691-5052

Harborside Park (next to Harborside Elementary)

Tues/Thurs 3-5 pm

Los Ninos Park 150 Teal Street (near Rohr Elementary)

Mon/Wed 3-5 pm

Fri 2-4 pm

ELEMENTARY SCHOOL

DASH PROGRAM

(Dynamic After School Hours) Grades 1-6
DASH offers sports clinics (soccer, track & field, lacrosse, ultimate Frisbee, flag football and field hockey), arts & crafts, cooperative/initiative games, and traditional playground games at 26 elementary school playgrounds.



DASH program leaders conduct structured activities for approximately 50 children each day. The program operates Monday - Friday (on school days) for two hours from the lower grade dismissal time. The program runs for three hours on the school's regularly-scheduled minimum days. (In cooperation with the Chula Vista Elementary School District.)

If you missed the lottery enrollment, you may add your name to the existing waiting list after school starts--ask a DASH Leader.

For more information, please contact DASH Program Supervisors, Keith Quigley at (619) 585-5779, Audra White at (619) 585-5730 or Celica Leon-Sandez at (619) 585-5756.

Allen	Arroyo Vista	Casillas	Clear View
Cook*	Discovery	Chula Vista Hills	EastLake
Halecrest	Hedekamp	Heritage	Hilltop*
Kellogg	Liberty	Marshall	McMillin
Olympic View	Parkview	Palomar*	Greg Rogers
Rosebank	Salt Creek	Tiffany	Valle Lindo*
Veterans	Wolf Canyon		

*DASH Plus sites: thanks to additional grant funding, these sites offer expanded hours, programming, and homework centers.

STRETCH PROGRAM

(Safe Time for Recreation Enrichment & Tutoring for Children)

This literacy and arts enrichment program is designed to give an academic boost to students in grades 1-6 who need it most. Students enjoy a stimulating, literacy-rich environment. Parents enroll their children through the participating schools. Enrollment is limited to 60-100 students per school. Waiting lists will be maintained. STRETCH is offered at the following seven schools:



Harborside	Lauderbach	Loma Verde	Montgomery
Mueller	Otay	Rice	

(A partnership with the Chula Vista Elementary School District.)
For more information contact the School Site Coordinators at each school or the STRETCH Supervisor, Christy Bystrak at (619) 585-5721.



Storytimes @ Your Library

CIVIC CENTER BRANCH

Born to Read (Infant-3 years)
Thursdays at 10:30 and 11 am

Ready to Read (3-5 years)
Mondays, Tuesdays, & Wednesdays at 10:30 am

Pajama Storytime
1st and 3rd Thursdays at 7 pm

Puro Cuentos (Español)
4th Tuesday at 7 pm

SOUTH CHULA VISTA BRANCH

Born to Read (Infant-3 years)
Wednesdays at 10:30 am

Ready to Read (3-5 years)
Mondays, Tuesdays, & Thursdays at 10:30 am

Pajama Storytime
Tuesdays at 6:30 pm

Puro Cuentos (Español)
Thursdays at 6:30 pm

EASTLAKE BRANCH

Ready to Read (3-5 years)
1st Saturday at 11 am

Born to Read (Infant-3 years)
2nd & 4th Saturdays at 11 am

Pajama Storytime
Mondays at 6:30 pm

BORN TO READ RECREATION CENTER STORYTIMES (Starts September 25)

Monteville
(see page 15 for details)
Tuesdays at 10 am

Salt Creek
(see page 20 for details)
Tuesdays at 11 am

Veterans
(see page 22 for details)
Fridays at 10:30 am

www.chulavistalibrary.com



**PUBLIC
LIBRARY**
CHULA VISTA

The Community's Family Room

CIVIC CENTER BRANCH

365 F Street
Chula Vista, CA 91910
(619) 691-5069
Mon - Thurs 10 am - 9 pm
Fri - Sat 10 am - 6 pm
Sun 1 - 5 pm

SOUTH BRANCH

389 Orange Avenue
Chula Vista, CA 91911
(619) 585-5755
Mon - Thurs 10 am - 8 pm
Fri & Sat 12 noon - 6 pm
Sun 1 - 5 pm

EASTLAKE BRANCH

1120 EastLake Parkway
Chula Vista, CA 91915
(619) 397-3980
Mon - Thurs 3:30 - 8 pm
Sat 10 am - 4 pm

HERITAGE MUSEUM

360 Third Avenue
Chula Vista, CA 91910
(619) 427-8092
Tues and Thurs 2 - 5 pm

www.chulavistalibrary.com

Chula Vista Nature Center

www.chulavistanaturecenter.org

Serving, Preserving...Naturally!

20th Anniversary Celebration

Come celebrate the Chula Vista Nature Center's 20th anniversary! Opened in 1987, the Nature Center is an internationally recognized zoo/aquarium located on Sweetwater Marsh National Wildlife Refuge at I-5 and E Street. The Nature Center exhibits animals and plants native to the southern California region. Come see us for an up-close and personal visit with endangered Green Sea Turtles, shorebirds, hawks, sharks, stingrays, and jellyfish, to name a few.

National Wildlife Refuge Week Celebration

Saturday, October 13, 2007 at the Chula Vista Nature Center

Birding tours, kids' activities and crafts, special guest speakers and performers, and firefighting demonstrations are among the activities that will take place at the Chula Vista Nature Center in a one-day celebration of National Wildlife Refuge Week. National Wildlife Refuge Week commemorates and recognizes the wonders and significance of the National Wildlife Refuge System, which is comprised of nearly 550 refuges. Celebrations throughout the country are scheduled the week of October 8-14, 2007. For more information, call the Nature Center at (619) 409-5900; **FREE!**

NATURE CENTER EVENTS

Nature Discovery Tours Guided tours of the Nature Center and surrounding area are scheduled on Wednesdays, Saturdays & Sundays at 2:00 pm.

Gone Birding! Birding tours are led the first, second, and third Saturdays of each month at 8:00 am (call for reservations); and every Sunday at 11:00 am.

Trekking the Refuges Guided tours of San Diego's Wildlife Refuges are led the fourth Saturday of each month. Please call for dates and locations.

Home Composting Composting workshops are led the second and fourth Sundays of each month at 10:00 am.

Ven Explora la Naturaleza Conmigo Spanish-speaking tours are led the first Sunday of the month at 1:00 pm.

Make It, Take It Arts and crafts are offered some Saturday and Sunday afternoons. Please call to confirm availability of the program.



ADMISSION

\$6 Adults,
\$5 Seniors & Students (with ID),
\$4 Juniors (ages 12-17),
\$3 Children (ages 4-11),
under age 4 are free

OUR MISSION

The Chula Vista Nature Center's mission is to educate the public about the importance of coastal resource conservation and environmental stewardship.

LOCATION

1000 Gunpowder Point Drive,
Chula Vista, CA 91910
(619) 409-5900

Main Facility

1201 Paseo Magda, Chula Vista, CA 91910 • 619-421-8805

Gymnastics Center and Family Sports Complex

2390 Boswell Road, Suite 300, Chula Vista, CA 91914

Satellite Offices

50 Fourth Avenue, Chula Vista, CA 91910

Teen Center

820 Paseo Ranchero, Chula Vista, CA 91910

THE YMCA FAMILY

The South Bay Family YMCA is an association of people of all ages, ethnic origins, religious affiliations, and socioeconomic levels who are unified by a common purpose of strengthening and enriching their mental, physical, and spiritual well being. The South Bay Family YMCA is fellowship based on Christian values whose mission is to provide opportunities for growth through programs, services and leadership. We do this by offering programs which:

- Develop the inner strengths and interpersonal skills of youths
- Enhance the health and fitness of children and adults
- Strengthen the family unit
- Enhance cultural diversity
- Enhance the personal lives of young and older adults

YMCA PROGRAMS

The YMCA offers a wide variety of programs designed to build strong kids, strong families, and strong communities. All of our programs are available to members and participants of all ages.

- Aquatics: swimming lessons, lap swimming, open swim, swim team, water aerobics
- Family Childcare: before and after school on-site childcare at most Chula Vista Elementary School District schools, Toddler Center
- Day Camps: school break and summer traditional and specialty day camps
- Literacy: helps children enhance their reading ability
- Teens: clubs, camps, events, service projects, sports leagues, and social activities
- Fitness: group exercise, strength training, and cardiovascular conditioning
- Martial Arts: Tae Kwon Do
- Dance: ballet, fitness-movement
- Gymnastics: lessons, team, tumbling, competitive cheer team
- Sports: flag football, basketball, soccer, roller hockey, t-ball, golf
- Active Older Adults: fitness, educational, and social
- Parent-Child: Adventure Guides
- Volunteers: several opportunities available

For more detailed information and for a free program brochure please call (619) 421-8805 or visit our website.



IT'S FOR EVERYBODY

SOUTH BAY FAMILY YMCA

We build strong kids, strong families, strong communities.

MISSION

The South Bay Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through development of spirit, mind, and body.

Executive Director
Tina Williams

Associate Executive Dir.
Craig Smith

Department Head
Tony Fajardo

Department Head
Sheri Greene

Department Head
Dalvon Logan

Membership Director
Jason Martinez

Aquatics Director
Johanna Pope

Childcare Director
Wendi Smith

Gymnastics Director
Tina Breen

Program Registration
Leticia Puga

Teen Program Director
Jeremy Jones

Youth Sports Director
Abbey Smith

Administration Director
Carlos Barba

FINANCIAL ASSISTANCE

The YMCA welcomes people of all socio-economic backgrounds. Financial assistance is available for those who can demonstrate financial need and proof of residency. Funding is provided through donations to the YMCA. Confidential applications are available at the Courtesy Counter. Please allow 3 weeks for processing and approval.



BOYS & GIRLS CLUB OF CHULA VISTA

*Serving the Community
for over 50 years!*

Welcome to the Boys & Girls Club of Chula Vista, a nonprofit, youth development organization dedicated to promoting the physical, social and educational development of children.

The Club is a caring place where children can learn new skills, build self-esteem and develop values that will help them as they grow to adulthood.

The Club is staffed by a number of full time professional youth workers and volunteers who care about young people.

Who can join and how?

Girls and Boys

grades 1-12, ages 6-18 can join. Simply complete a membership application for each child and present the application and the annual membership fee of \$75 to the membership clerk (Special family rate available). Membership is valid for one year from date of joining. No child is turned away for inability to pay. Some scholarships available.

Programs & Services

The Club offers many programs and services not listed in this brochure. Check with the front desk for additional information, applications, permission slips and program schedules. Other informational flyers are also available.

Open Door Policy

The Club has an open door policy that allows Club Members to enter or leave the Club facilities as they choose. Parents who want their child to remain at the Club must instruct their child to do so. The open door policy does not apply to preschool or day camp programs.

Boys & Girls Club of Chula Vista

OLEANDER CENTER (Administration Offices, Club Site)

(619) 421-4011 x15 • 1301 Oleander Avenue, Chula Vista, CA 91911

Hours: Mon-Thurs 2-6 pm • Fri 1-6 pm

- Before school program
- Homework center/ help
- Woodshop
- Air hockey/Foosball
- Sports/Karate
- Computer lab
- After school program
- Arts & crafts
- Table tennis/Pool
- Board Games & Tournaments
- Day camp
- Boy Scouts/Girl Scouts

SMALL WONDERS PRESCHOOL Ages 2.5 - 6

(A licensed Preschool and Child Care Program; License #370806181)

The Club recognizes that the first years of life reflect the most rapid physical and mental growth of the child, requiring a wide variety of activities incorporating social and mental interaction. At Small Wonders, the child's self esteem is promoted through a stimulating environment and an individualized curriculum model. This is an affordable, quality childcare program designed to provide a happy, carefree environment for children. Breakfast, lunch, and snacks are included. Fee: \$25 registration / \$150 Full-time Information: (619)421-4022

LAUDERBACH CENTER

(619) 407-4774 • 333 Oxford St., Chula Vista, CA 91911

Hours: Mon-Thurs 2-6 pm • Fri 1-6 pm

- Before school program
- Homework center/ help
- Table tennis/Pool
- Board Games & Tournaments
- Day camp
- After school program
- Arts & crafts
- Foosball
- Sports
- Computer lab



FRIENDS 'n PALS KINDERGARTEN

Designed to complete the kindergarten student's day, this program is available for both morning and afternoon kindergarten students. This bilingual program emphasizes social skills, movement and rhythm, science, homework help and more. Transportation to and from school is provided. Breakfast, lunch and snacks are included. This program is available for students at Lauderbach, Charter, Harborside, & Mueller Schools. Fee: \$90/week (full time only)

FEASTER CHARTER SCHOOL

(619) 421-4011 x17 • 670 Flower Street, Chula Vista, CA 91910

Hours: Mon-Fri 6:30-7:30 am • Mon/Tues/Wed/Fri 2:45-6 pm • Thurs 1:30-6 pm

Membership at this location is limited to students of Feaster Charter School. For further information, Boys & Girls Club staff members are available at the school site after school or you may call (619)421-4011 ext. 17. Fee: \$5 per school year.

- Before school care
- After school program
- Seasonal sports/Karate
- Homework center/help
- Arts & Crafts
- Music/Theater
- Tournaments
- Life Skills groups
- Day camps



PROGRAMS AT ALL LOCATIONS

Power Hour

"Power Hour" is a program to help members develop academic, behavioral and social skills through homework completion. During "Power Hour" we provide one-to-one tutoring, recognition, incentives, and most importantly, we make homework fun!

Early Morning Care

Before school care begins at 6:30 am to assist those parents who work early morning shifts. Weekly fee: \$40 For additional information and to see if your child's school is included, please call (619)421-4011 ext. 21.

After School Transportation

Participating members meet Club Staff at a designated area at their school and are then transported or escorted to the Club site. For fee information, call (619) 421-4011x21. Transportation and walking programs are available to students from the following elementary schools:

- | | | | |
|---------------|---------------------|---------------|---------------|
| • Castle Park | • Chula Vista Hills | • CVLCC | • Greg Rogers |
| • Harborside | • Hedenkamp | • Heritage | • Lauderbach |
| • McMillin | • Mueller | • Otay | • Palomar |
| • Parkview | • Rice | • Valle Lindo | • Veterans |

Fall Day Camp

Sept 17 - Oct 8, 6:30 am - 2 pm

Daycamp provides a safe and fun program for boys and girls 6 years and up. Campers may remain until 6 pm at no additional cost. For more information, call (619)421-4011x21. Fee: \$130/week or \$26/day (Oct 8 only.)

LEN MOORE CHULA VISTA SKATEPARK

(619) 421-4011 x12

1301 Oleander Avenue, Chula Vista, CA 91911

Mon-Fri 2:45-8 pm • Sat 11:30 am-8 pm • Sun 11:30 am-5:45pm

Our 55,000 square foot skatepark, includes a new wooden half-pipe, shaded bleachers for viewing, lights for night skating, a fully-stocked skate shop, and a snack bar. Skaters under 18 must have a parent or legal guardian sign the "Hold Harmless/Medical Release" in person on the first visit. Seasonal Skate Camps are available. Visit our website cvskatepark.com or call for more information.

Equipment required: Helmet, knee pads, elbow pads

Fees: Member \$4 /
Nonmember \$10 / 10-session pass: \$30 (Members only)
Annual Membership: \$30 (includes programs discounts)



Parks & Facilities

See numbered circles on map (#)

*Rental Reservations Available

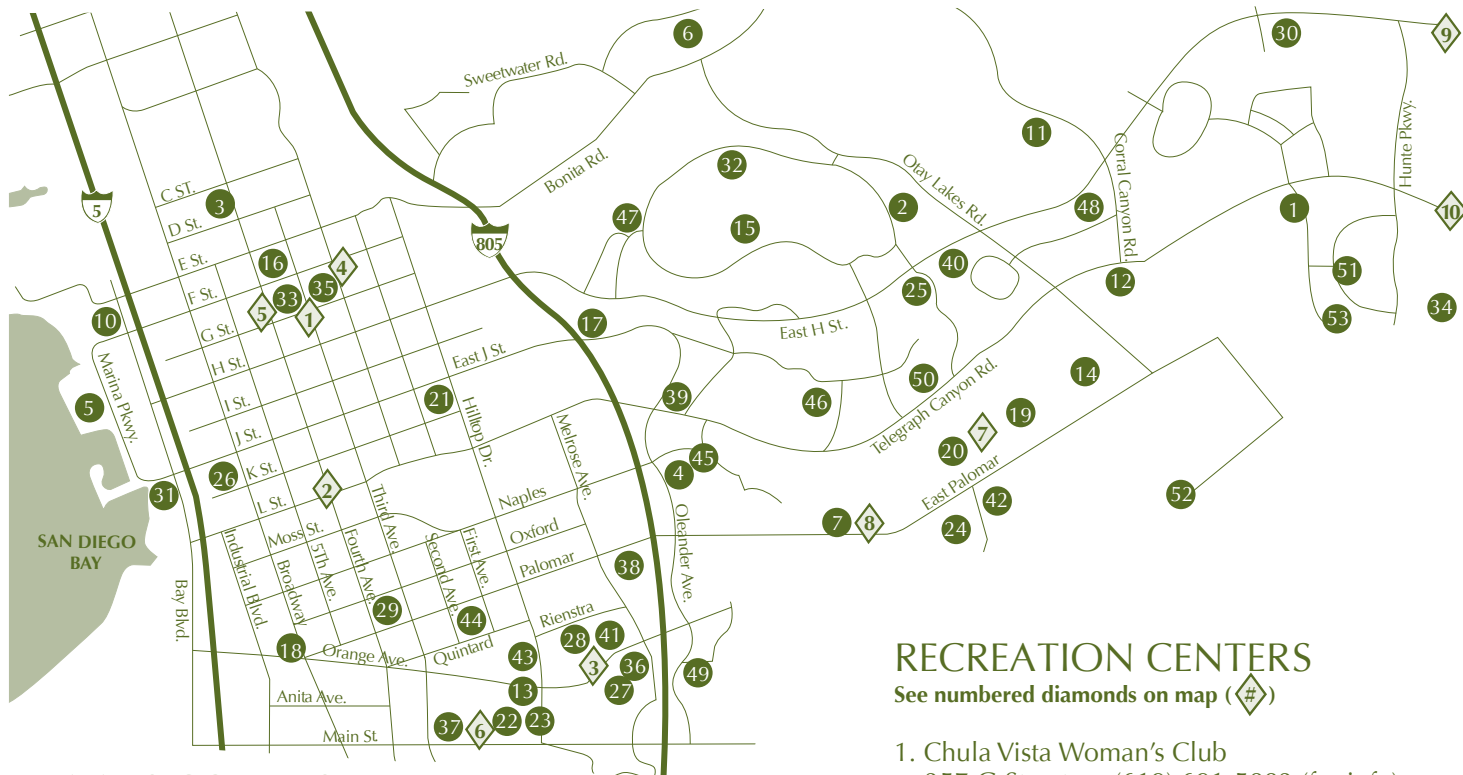
**Reservations and information from
Port of San Diego (619) 686-6200

COMMUNITY PARKS

	Acres	Amphitheater	Barbecue Grill	Basketball	Fitness Course	Gymnasium	Open Green Space	Park Shelter/Gazebo	Picnic Area	Play Equipment	Recreation Center	Restroom Facility	Shuffleboard	Sports Field	Softball Field	Swimming Pool	Tennis Courts	Air Jumps Allowed	Pony Rides Allowed	Roller Hockey/Skate Park	Dog Park
1. Chula Vista Community Park - 1060 East Lake Pkwy*	14.9	•					•	•	•	•				•	•		•	•	•		
2. Discovery Park - 700 Buena Vista Way	20.4						•		•	•		•		•	•			•	•		
3. Eucalyptus Park - Fourth Avenue & C Street*	20.9	•	•				•	•	•	•		•			•		•	•	•		
4. Greg Rogers Park - 1189 Oleander Avenue*	42.1	•						•	•		•							•	•		
5. J Street Marina/Bayside Park**	21.4		•	•					•	•		•		•	•			•	•		
6. Rohr Park - 4548 Sweetwater Road*	59.9	•	•				•	•	•	•		•		•	•			•	•		
7. Veterans Park - 785 East Palomar*	12.0	•	•	•	•	•	•	•	•	•	•	•		•	•			•		•	•
8. Monteville Park - 840 Duncan Ranch Road*	29.0	•	•	•	•	•	•	•	•	•	•	•		•	•		•	•		•	•
9. Salt Creek Park - 2710 Otay Lakes Road*	24.0	•	•	•	•	•	•	•	•	•	•	•		•		•	•	•		•	

NEIGHBORHOOD PARKS

10. Bay Boulevard Park - F Street & Bay Boulevard	1.5						•		•												
11. Bonita Long Canyon Park - 1745 Coltridge Lane	10.9						•		•	•		•						•	•		
12. Breezewood Park - 1091 Breezewood Dr.	2.5	•					•		•	•											
13. Connoley Park - 1559 Connoley Avenue	0.7			•			•			•											
14. Cottonwood Park - 1778 East Palomar Street*	6.6	•	•				•	•	•	•		•		•	•			•	•		
15. Explorer Park - Rancho Del Rey Pkwy and Norella St.	5.6		•				•		•	•								•	•		
16. Friendship Park - Fourth Avenue & F Street	4.0																				
17. Gayle L. McCandliss Park - 415 East J Street	3.1	•							•												
18. Harborside Park - 1550 East Palomar Street*	6.8	•	•				•	•	•	•		•						•		•	
19. Harvest Park - 1550 East Palomar Street*	6.8	•					•	•	•	•		•						•	•		
20. Heritage Park - 1381 Palomar Street*	10.1	•	•	•			•	•	•	•	•	•								•	
21. Hilltop Park - 780 Hilltop Drive*	9.3	•					•	•	•	•		•						•	•		
22. Holiday Estates I - 27 Connoley Circle	0.2						•														
23. Holiday Estates II - 1637 Connoley Avenue	0.2						•														
24. Horizon Park - 970 East Palomar Street*	5.3	•	•				•	•	•	•		•			•						
25. Independence Park - 1248 Calle Santiago	12.8						•														
26. Lancerlot - 750 K Street	0.1									•											
27. Lauderbach Park - 333 Oxford Street	3.9	•	•				•		•	•											
28. Loma Verde Park - 1420 Loma Lane	6.2						•			•	•					•					
29. Los Niños Park - 150 Teal Street	5.1	•	•				•	•	•	•		•						•	•		
30. MacKenzie Creek Park - 2275 MacKenzie Creek Rd.*	6.8	•	•				•	•	•	•		•					•	•	•		
31. Marina View Park - 900 Marina View Parkway**	4.5	•					•	•				•									
32. Marisol Park - 916 Rancho Del Rey Parkway*	5.0	•					•	•	•	•		•					•	•	•		
33. Memorial Park - 373 Park Way	7.8	•				•	•			•		•				•					
34. Mountain Hawk Park - 1475 Lake Crest Drive*	12.0	•	•	•			•	•	•	•		•									
35. Norman Park - 270 F Street	1.5						•		•				•								
36. Orange Avenue Fields - 160 East Orange Avenue	4.0						•								•						
37. Otay Park - 1613 Albany Avenue	4.2	•					•		•	•		•		•				•	•		
38. Palomar Park - 1359 Park Drive	2.7	•					•	•	•												
39. Paseo Del Rey Park - 750 Paseo Del Rey	9.0	•					•		•	•											
40. Rancho Del Rey Park - 1131 Buena Vista Way	9.2						•		•	•							•				
41. Rienstra Ballfields - 1500 Max Avenue	7.1						•								•						
42. Santa Cora Park - 1365 Santa Cora	5.7	•	•				•		•	•							•				
43. SDG&E Park - 1450 Hilltop Drive	20.0	•	•				•	•	•	•								•	•		
44. Sherwood Park - 69 Sherwood Street	0.3						•														
45. Sunbow Park - 690 East Naples Street	3.7						•		•	•							•				
46. Sunridge Park - 952 Beechglan	6.6		•				•		•	•				•				•	•		
47. Terra Nova Park - 450 Hidden Vista Drive*	17.0	•	•	•			•	•	•	•		•		•	•		•	•	•		
48. Tiffany Park - 1713 Elmhurst Avenue	5.3						•		•	•											
49. Valle Lindo Park - 545 Sequoia Drive	4.3						•		•	•											
50. Voyager Park - 1178 East J Street*	11.2	•	•				•	•	•	•		•		•				•	•		
51. Sunset View Park - 1390 South Greenview Drive*	11.2	•	•				•	•	•	•		•		•				•	•	•	
52. Santa Venetia Park- 1500 Magdelana*	7.0	•					•	•	•	•		•		•	•			•	•	•	
53. Windingwalk Park - 1675 Exploration Street*	7.1	•	•				•	•	•	•		•			•		•				



RECREATION CENTERS

See numbered diamonds on map (◆)

1. Chula Vista Woman's Club
357 G Street • (619) 691-5083 (for info)
2. Chula Vista Youth Center
465 L Street • (619) 691-5276
3. Loma Verde Pool
1420 Loma Lane • (619) 691-5081
Loma Verde Recreation Center
1420 Loma Lane • (619) 691-5082
4. Norman Park Senior Center
270 F Street • (619) 691-5086
5. Parkway Community Center
373 Park Way • (619) 691-5083
Parkway Gymnasium
385 Park Way • (619) 691-5084
Parkway Pool
385 Park Way • (619) 691-5088
6. Otay Recreation Center
3554 Main Street • (619) 476-5325
7. Heritage Community Center
1381 East Palomar Street • (619) 421-7032
8. Veterans Park Recreation Center
785 East Palomar • (619) 691-5260
9. Monteville Recreation Center
840 Duncan Ranch Road • (619) 691-5269
10. Salt Creek Recreation Center
2710 Otay Lakes Road • (619) 585-5739

TENNIS COURTS

Municipal Courts

Mackenzie Creek Park: 2 (lighted)
Eucalyptus Park: 4 (lighted)
Sunbow Park: 3 (lighted)
Santa Cora: 1 (lighted)

Marisol Park: 2 (lighted)
Rancho Del Rey Park: 2
Terra Nova Park: 2 (lighted)
Winding Walk Park: 1

School Courts

Southwestern College: 14 (4 lighted)
Castle Park High: 6
EastLake High: 10 (8 lighted)
Rancho Del Ray Middle: 4

Bonita Vista High: 6
Chula Vista High: 6 (4 lighted)
Hilltop High: 6 (4 lighted)

PARK/PICNIC RESERVATIONS: (619) 397-6197

1800 Maxwell Road, Chula Vista

You may place your park reservation year-round **in person** at the Public Works Center, 7 am – 3 pm, Monday – Friday. Reservations must be made 2 business days in ADVANCE. However, it is highly recommended you reserve as soon as you have selected your date.

You must show proof of residency to receive the resident rate. Full payment must be made at the time the reservation is made. We take cash or check only. Areas that are not reserved can be used on a first-come, first served basis at no charge. No keg beer, glass containers or amplified music are allowed in any City of Chula Vista park.

RESERVING CITY FACILITIES

Gymnasiums: Parkway, Otay, Veterans, Monteville, Salt Creek and the Community Youth Center gyms are available for groups to use on a rental basis for athletic activities. Call each center for details.

Pools: Call the pool of your choice for details and prices.

Community Centers: The Community Youth Center, Heritage, Loma Verde, Parkway, Veterans, Monteville, Salt Creek, Otay, and Norman Park Centers, and the Chula Vista Women's Club are all available. Call each center for information, rules, rental fees, room availability and capacity.

Sports Fields: Call 409-5892 to reserve ball or soccer fields.

OPEN SPACE

Adopt-A-Park Program: (619) 397-6013

Non-emergency concerns during business hours: (619) 691-5027

After-hours Open Space Hotline: (619) 397-6016

Emergency calls (Police): (619) 691-5151

MUNICIPAL GOLF COURSE

(619) 479-4141

Located at 4475 Bonita Road, the 18-hole championship course, pro-shop, putting and chipping greens, driving range, carts, snack bar, club house and restaurant are perfect for the avid golfer.

Registration

NOTE: Fees for classes DO NOT include additional costs that may be required (i.e. ballet slippers, leotards, martial arts uniforms, tap shoes, etc.)



FILL OUT COMPLETELY - PLEASE PRINT

ADULT LAST NAME	FIRST	MI
Address	City	Zip
Home Phone	Business Phone	
Email		

*Does the participant need special accommodations for a successful experience?



PARTICIPANT INFORMATION - PLEASE PRINT

Class #	Swim Sess.	Class Title	Participant's Last Name	First Name	MI	Sex	Date of Birth	Fee	Y*N*

Please choose classes carefully, the NO REFUND Policy will be followed. Returned Checks: There will be a minimum service charge of \$25 on all checks returned from the bank.

TOTAL FEES DUE

READ, SIGN AND DATE WAIVER BELOW. Unsigned waivers will cause your registration to be returned unprocessed.

ACCIDENT WAIVER AND RELEASE OF LIABILITY (AWRL)

I _____ (REGISTRANT), and I _____ *(REGISTRANT'S parent or guardian),

acknowledge that this activity may be an extreme test of REGISTRANT's physical and mental limits and that it could result in death, injury and property loss. Risks may derive from terrain, facilities, water conditions, weather, condition of equipment, vehicular traffic, actions of others, lack of hydration, as well as other sources. I hereby assume all risks of REGISTRANT's involvement in this activity. I certify that REGISTRANT is physically fit, has sufficiently trained for participation in this activity and has not been advised otherwise by a qualified medical person. I acknowledge that this AWRL form will be used by The City of Chula Vista and the activity holders, sponsors and organizers, in which REGISTRANT may participate and that it will govern REGISTRANT's actions and responsibilities at said activities. In consideration of REGISTRANT being permitted to participate in this activity, and on behalf of myself, my executors, administrators, heirs, successors and assigns, I hereby (A) WAIVE, RELEASE AND DISCHARGE FROM LIABILITY The City of Chula Vista and its directors, officers, employees, volunteers, representatives and agents, and the activity holders, sponsors, directors and volunteers, for the death, injury or property loss or damage of REGISTRANT or actions of any kind which may accrue to me as a result of REGISTRANT's participation in this activity; and (B) agree to INDEMNIFY AND HOLD HARMLESS the above-mentioned entities or persons from any and all liabilities or claims made by other individuals or entities as a result of any of REGISTRANT's actions during this activity except for those claims arising from the sole negligent or willful conduct of The City of Chula Vista or its agents. I hereby consent to the administering of medical treatment to REGISTRANT if deemed advisable in the event of injury, accident and/or illness during this activity. I understand that at this activity or related activities, REGISTRANT may be photographed. I agree to allow REGISTRANT's photo, video or film likeness to be used for any legitimate purpose by the event holders, sponsors, directors and their agents or assigns. This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document and understand its content. I further certify that I am the parent or guardian of the above-named participant and that I will hold each of the above-named individuals and entities harmless and indemnify each in the event of any loss whatsoever due to a defect in my legal capacity.

REGISTRANT's Parent or Guardian's Signature _____ Date _____

Make checks payable to "CITY OF CHULA VISTA" *Individuals who do not reside within the city limits of Chula Vista must pay the nonresident fee listed for each class. Failure to send correct amount could result in delay or denial of your priority class. Send your registration to the Recreation Department for all recreational classes. Be sure to indicate session number for all swimming classes.

RECREATIONAL CLASSES:

City of Chula Vista Recreation Department, 276 Fourth Avenue, Chula Vista, CA 91910

Attn: Jimmy Tollefson (Mail Stop R-107)



FOR OFFICE USE ONLY: Amount Enclosed: \$ _____ CK/MO# _____ Bank # _____ City Receipt # _____

REGISTER ONLINE

Begins August 27 at 2 pm

The Recreation Department is continuing an online registration process for the fall session. Go to www.chulavistaca.gov/rec and link to Online Registration.

Please note: A nominal, non-refundable fee is charged in addition to the class fee for the online service. Questions? Call (619) 691-5083 for additional information.

WALK-IN

August 27 (begins at 2 pm) - September 22

Walk-in registration for fall classes will be taken on a first come, first served, space available basis (with the exception of Tiny Tots classes). Register Monday - Friday from 3 - 7 pm, and Saturday from 12 - 3:30 pm at any Chula Vista Recreation Center.

Registration will be taken at all facilities for any class, regardless of its meeting location. Those registering will be asked to complete the registration form and provide payment in the preferred form of check or money order. Cash in the exact amount will also be accepted.

MAIL-IN

August 27 - September 7

- The Registration Form is to be used only for the Recreation Department classes listed on pages 6 - 39 of this brochure.
- Do not combine with registrations for any other program or agency (youth sports, YMCA, Boys & Girls Club).
- Registration will be accepted by mail on the dates listed, on a first received, first processed, space available basis.
- Print and fill out form completely.
- Classes not preceded by an activity number cannot be registered for by mail. Registration is available only at the class location where they are held.
- Applications postmarked before August 27 or after September 7 will be returned unprocessed.

- Send a check or money order for the total payment due payable to "City of Chula Vista."
- Separate checks for each recreation class are not required. Bank cards will not be accepted for walk-in or mail-in registration. Do not send cash.
- Individuals who do not live within the city limits of Chula Vista will be required to pay the nonresident fee listed for each class. Proof of residency may be required.
- Mail to: City of Chula Vista Recreation Dept.
Attn: Jimmy Tollefson, MS R-107
276 Fourth Avenue, Chula Vista, CA 91910

TINY TOT REGISTRATION

August 28 at 7 pm

Walk-in Registration will only be accepted for Tiny Tots (see page 27 description) at Salt Creek, Monteville, Loma Verde, Parkway and Veterans Recreation Centers on a first come, first served basis. Registrations will be accepted at the centers listed

from a parent or legal guardian of the registrant, no exceptions. Only one registration form per payer will be accepted. Parents/Legal guardians can register for more than one Tiny Tot class per registration form.

CANCELLATIONS

A minimum number of participants is required to hold class. Where enrollment is low, the Recreation Department reserves the right to cancel. To help assure that classes are held, please

register early. An automatic refund will be issued if a class is cancelled by the department.

REFUNDS & TRANSFERS

Refunds are not issued unless classes are cancelled. Refunds will be processed and mailed approximately 3-4 weeks after classes begin.

Transfers and/or credits may be approved under certain limited conditions.

FINANCIAL ASSISTANCE

August 20 - September 14

Recreation Class Financial Assistance Applications are available starting August 20 at all Recreation Centers. A minimum of three working days is required to review application after which applicants will be notified. All Financial Assistance applicants will be required to participate in walk-in registration August 27 - September 22 and will not be registered in classes until fee balance has been paid. Swimming Classes and Camp

Applications are available at Recreation centers, pools, and Parkway Gymnasium, and must be submitted no later than 14 days prior to the start of the class, camp, or activity. Applicants for these activities will not be registered until the balance of fees has been paid. More detailed information is contained on the Financial Assistance Application Forms.

INSTRUCTORS WANTED

The Recreation Department is always looking for qualified instructors to teach new or existing classes. If interested, call

the Recreation Center Supervisor at the location you would like to teach.

Special Features:.....



Please welcome REC N' ROLL,
a Recreation Department on wheels!

This is a free drop-in recreational program
offered to K-8 aged children. Activities
include sports, dance, cheerleading, and
monthly special events.

The Rec N' Roll mobile will be stationed at two locations:
Harborside Park (next to Harborside Elementary)
on Mondays and Wednesdays from 3 - 5 pm
and Fridays from 1:45 - 3:45 pm; and at
Los Ninos Park, 150 Teal Street (near Rohr
Elementary) on Tuesdays and Thursdays
from 3 - 5 pm.

for more info, call the Recreation Department at
(619) 691-5052 or visit
www.chulavista.gov/rec



www.chulavista.gov

276 Fourth Avenue

Chula Vista, CA 91910